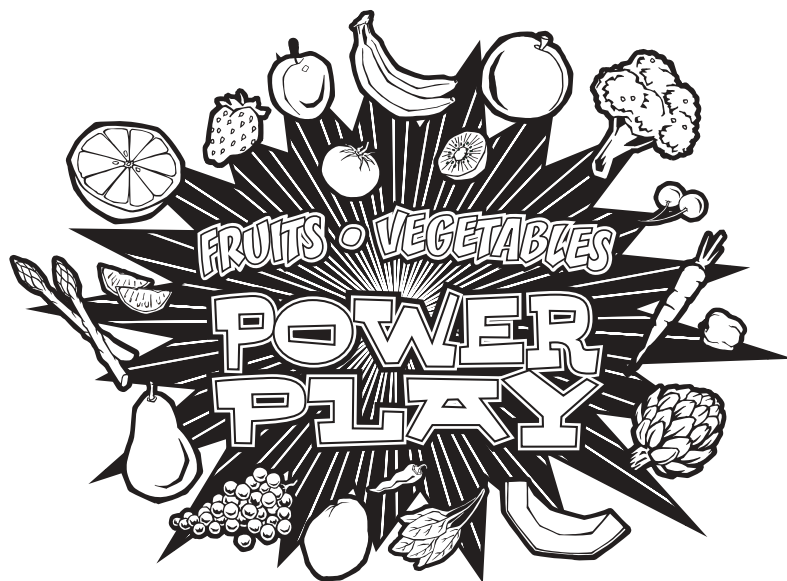


School Idea & Resource Kit

for Fifth Grade Teachers



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The *5 a Day—Power Play! Campaign* partners with the California Department of Education, California Department of Food and Agriculture, American Cancer Society, and other agencies concerned with children's health.



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Introduction

What is the *California Children's 5 a Day—Power Play! Campaign*?

The *California Children's 5 a Day—Power Play! Campaign* encourages California's 9- to 11-year-old children to eat 3½ to 5 cups of fruits and vegetables and be physically active for at least 60 minutes every day. The *Campaign* works with schools, youth organizations, retailers, and the media to surround children with empowering messages and to create environments in which eating fruits and vegetables and being physically active is both easy and socially supported.

The *Campaign* is a part of the larger *California 5 a Day Campaign* and the *California Nutrition Network for Healthy, Active Families*. These programs are led by the California Department of Health Services to reduce the risk of chronic diseases, especially cancer, heart disease, and obesity.

The *5 a Day—Power Play! Campaign* partners with the California Department of Education, California Department of Food and Agriculture, American Cancer Society, and a variety of other agencies interested in children's health. The *Campaign* is funded by the U.S. Department of Agriculture Food Stamp Program to increase fruit and vegetable consumption, physical activity levels, and participation in federal nutrition assistance programs by children from low-income, food stamp-eligible families.

Overview of the *School Idea & Resource Kit*

The *5 a Day—Power Play! Campaign* created this *School Idea & Resource Kit (Kit)* to help fifth grade teachers add nutrition and physical activity messages into their curriculums. The *Kit* is research-based and educator-friendly. It's designed to align with the California State Content Standards (see page 3) and the California Department of Education's nutrition benchmarks.

The *Kit* contains 10 activities for teachers to use in the classroom. Along with the *Kit*, teachers can also receive student workbooks and copies of the *5 a Day—Power Play! Campaign's* parent brochure. You do not need to be a nutrition expert to use the *Kit*. Simply review the background information and, if necessary, take advantage of the additional resources referred to in the Appendix.

Many educators and several hundred students from around California provided valuable input as focus group participants and/or pilot-test participants to help make this *Kit* both useful for educators and enjoyable for children.

Disclaimer

The name of the *Children's 5 a Day—Power Play! Campaign* was created at a time when the dietary recommendation for 9- to 11-year-old children was to eat 5 or more servings of fruits and vegetables every day. In January 2005, the revised Dietary Guidelines for Americans was released, which indicated that children in this age group eat 3½ to 5 cups of fruits and vegetables every day. While the name of the *Children's 5 a Day—Power Play! Campaign* was not changed at the time of this publication, the content in this document reflects the new fruit and vegetable recommendations of the 2005 Dietary Guidelines for Americans. In addition, the physical activity recommendation in this document is in compliance with the revised guidelines.

Using the Kit

The **NEW School Idea & Resource Kit** activities are in a consistent, easy-to-follow format. Each activity contains the following sections:

- **Learning Objectives.** *What your students will have learned after completing the activity*
- **Links to Content Standards.** *The California Content Standards that are associated with the activity*
- **Prep Time.** *The average amount of time needed to prepare for the activity*
- **Activity Time.** *The average amount of time needed to conduct the activity with your students*
- **Materials Needed.** *The materials you will need to conduct the activity (excluding Go Farther ideas)*
- **READY.** *A brief overview of the activity*
- **SET.** *What you need to do before conducting the activity with your students*
- **GO.** *Easy-to-follow directions for conducting the activity*
- **GO FARTHER.** *Possibilities for expanding the activity*
- **Activity Notes,** *if appropriate. Background information for the activity and tips for conducting the activity*

Student workbooks have been provided so that reproduction of the activity worksheets is not necessary. Both English- and Spanish-language worksheets are also included in the *Kit*. To receive additional student workbooks for the new school year, contact your local *Children's 5 a Day—Power Play! Campaign* representative. Visit our Web site at www.ca5aday.com for contact information.

The *Kit* is designed with basic, fundamental activities at the beginning and more advanced activities at the end. If you cannot complete all 10 activities, we recommend that you select at least 5 activities, beginning with some basic activities from the beginning of the *Kit* and progressing toward the more advanced activities at the end.

Links to California Content Standards

Activity	Links to Content Standards
1. Power Survey	Statistics, Data Analysis, and Probability 1.0, 1.2 Listening and Speaking Strategies 1.0, 1.1, 1.2 **Number Sense 1.0, 1.2
2. Power Scramble	Reading Comprehension 2.0, 2.1, 2.2, 2.3 Listening and Speaking Strategies 1.0, 1.4, 1.5, 1.6 Speaking Applications 2.0, 2.2 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
3. How Much Do I Need?	Number Sense 2.0, 2.1, 2.2, 2.3 Mathematical Reasoning 1.0, 1.1, 1.2 ** Visual Arts: Creative Expression 2.0, 2.6, 2.7
4. Making Better Choices	Listening and Speaking Strategies 1.0, 1.1 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
5. Fruit & Vegetable and Power Play! Challenge	Reading Comprehension 2.0, 2.2 Writing Strategies 1.0, 1.2
6. You Be the Food Critic!	Writing Strategies 1.0, 1.2, 1.5
7. The Power of Advertising	Listening and Speaking Strategies 1.0, 1.7, 1.8 Reading Comprehension 2.0, 2.3, 2.4 Writing Strategies 1.0, 1.1 ** Visual Arts: Creative Expression 2.0, 2.6, 2.7
8. What's on a Label?	Number Sense 1.0, 1.2 Number Sense 2.0, 2.1, 2.2 Reading Comprehension 2.0, 2.3, 2.4 Mathematical Reasoning 1.0, 1.1, 1.2 ** Writing 1.0, 1.3
9. Plan a Power Meal	Listening and Speaking Strategies 1.0, 1.1 Visual Arts: Creative Expression 2.0, 2.6, 2.7 **Speaking Applications 2.0, 2.2 ** Visual Arts: Creative Expression 2.0, 2.6, 2.7
10. I Have Power!	Listening and Speaking Strategies 1.0, 1.1, 1.2 ** Visual Arts: Creative Expression 2.0 ** Writing Strategies 1.0, 1.2

** Addressed with Go Farther ideas

Master List of Materials

To complete all ten activities in this *Kit*, you will need the following materials:

- Student workbooks (Activities 1-10)
- Resources for student research and reference, such as encyclopedias, library books, Internet access, thesaurus, etc. (Activities 2 and 6)
- Measuring cups (Activity 3)
- Variety of fruits and vegetables for demonstration and tasting (fresh, frozen, canned, dried, and juiced) (Activities 3 and 6)
- Supplies for conducting taste testings, including serving containers (cups, bowls, and plates), napkins, tasting forks and/or spoons, food preparation equipment (knives, cutting boards, etc.) and cleaning supplies (sponges, dish detergent, etc.) (Activity 6)
- Sample advertisements from television, radio, magazines, or newspapers (Activity 7)
- Art supplies, including drawing paper and crayons, markers, or colored pencils (Activity 9)
- Sample restaurant menus, cookbooks, and recipes (Activity 9)

Background

The Basics of Nutrition and Physical Activity

The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. The science-based advice of the 2005 Dietary Guidelines for Americans highlights how to make smart choices from every food group, get the most nutrition out of your calories, and find your balance between food and physical activity.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day and staying within your daily calorie needs.

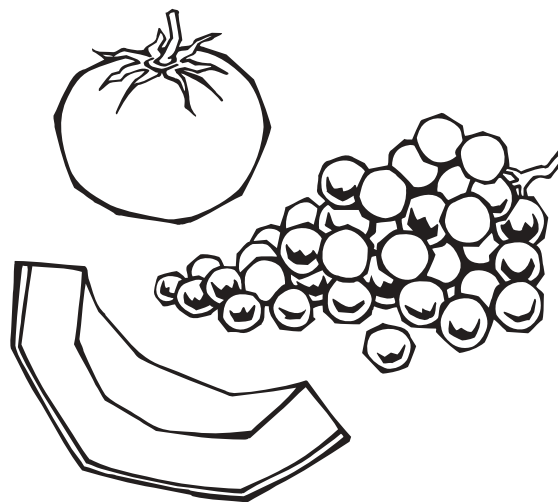
A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat free or lowfat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Physical activity is also part of the healthy living equation. Regular physical activity is important for your overall health and fitness, and helps you control your body weight. Here are a few physical activity recommendations that pave the way to a healthier you:

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day.

A healthy, balanced diet that includes plenty of fruits and vegetables and regular physical activity are major investments in your life. In fact, healthy eating and physical activity may reduce your risk of many chronic diseases such as heart disease, certain cancers, type 2 diabetes, and osteoporosis, and increase your chances for a longer life. To learn more about the 2005 Dietary Guidelines for Americans and find ways to make healthy food and physical activity choices, go to www.healthierus.gov/dietaryguidelines and www.mypyramid.gov.



Importance of Fruits and Vegetables

Fruits and vegetables give you many of the nutrients that you need: vitamins, minerals, dietary fiber, water, and healthy phytonutrients. Some are sources of vitamin A, while others are rich in vitamin C, folate, or potassium. Almost all fruits and vegetables are naturally low in fat and calories and none have cholesterol.

For children, fruits and vegetables are sources of nutrients that are essential for growth and development, such as vitamin A, vitamin C, folate, and dietary fiber. By establishing the habit of eating fruits and vegetables early in life, children can get a head start in reducing their future risk of certain common cancers, heart disease, hypertension, stroke, type 2 diabetes, and overweight.

The Importance of Physical Activity

Physical activity helps relieve stress and makes you feel good. It will help you be more productive and sleep better. Physical activity is also good for your health. It helps you achieve and maintain fitness and lowers your chronic disease risk. Children and adolescents benefit from activity, too. It is recommended that they get at least 60 minutes of moderate to vigorous physical activity every day.

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Positive experiences with physical activity at a young age help lay the foundation for being regularly active throughout life.

Consider these Facts

Children are not eating enough fruits and vegetables or engaging in enough physical activity.

- In California, 9- to 11-year-old children eat an average of 3.2 servings (about 1.6 cups) of fruits and vegetables on a typical day.¹
- In California, nearly 40 percent of children assessed through the state's Fitnessgram were considered unfit. There were a higher percentage of unfit children among the Latino and African American populations.²

Poor nutrition and low levels of physical activity greatly affect children.

- Inadequate nutrition and poor diet is a major cause of impaired cognitive development, is associated with poor educational performance among low-income children and also contributes to obesity, anemia, and susceptibility to lead poisoning.³

- Children engaged in daily physical education show superior motor fitness, academic performance, and [a more positive] attitude toward school as compared to their counterparts who do not participate in daily physical education.⁴
- Obesity rates have doubled in children and tripled in adolescents over the last two decades.⁵
- Obesity increases the risk of high blood cholesterol, high blood pressure, asthma, and type 2 diabetes while still in childhood.⁶

Establishing healthy eating and activity habits among children can help head off problems in adulthood.

- About half of overweight children or teens will be obese in adulthood.^{7,8}

-
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Suggestions for Maintaining a Healthy Classroom

Much of a child's waking hours are spent at school in the classroom. What better place to encourage children to eat more healthfully and be more physically active! Healthy eating and physical activity help children stay energized and ready to learn. In addition to using this *Kit* to teach your students about the importance of eating fruits and vegetables and being physically active, you can create a classroom that supports these behaviors.

Here's how to maintain a healthy classroom:

- **Motivate your students with your words and actions.** Let your students see you enjoying fruits and vegetables by eating lunch with them. Bring fruits and vegetables in your lunch and for snacks. Consider trying the school lunch and encourage your students to try it. Let your students see you participate in physical activities at school or talk about physical activities you participate in outside of school. Before students head out for recess, encourage them to do something physically active.
- **Create a classroom healthy snack and celebration policy.** At the beginning of the school year, create a healthy snack and celebration policy with the students. Be sure to provide a copy of the classroom policy to students to take home to their parents. For healthy snack ideas, see the Power Choices Activity Notes.
- **Use classroom rewards and discipline that support health.** Avoid using any kind of food as a reward, especially foods with low nutritional value. As an alternative, you may wish to provide incentives or rewards that promote physical activity. Don't withhold recess or physical education (P.E.) time as a form of discipline.
- **Create a classroom that moves.** Provide opportunities for physical activity throughout the day. Movement facilitates improved attention and focused learning in the class. Take a two-minute activity break between lessons and have students lead the break with stretches, or play a popular dance song and let students dance. Join in and participate with the students. Offer physical education on a daily basis. Be sure that your P.E. lessons keep your students active and moving at least half of the time.
- **Do a scan of your classroom to be sure it supports healthy eating and physical activity.** Remove any posters, bulletin boards, or objects that promote unhealthy eating or sedentary behaviors (e.g. TV watching, video games). Put up posters, bulletin boards, and other images promoting fruit and vegetable consumption and physical activity. Avoid any objects in your classroom that could be considered an advertisement, especially those that promote unhealthy products.
- **Be an advocate for a healthier school environment.** Work with other teachers, school administrators, school staff, parents, and students to establish an advisory council that focuses on creating a healthy school nutrition and physical activity environment. The advisory council can use existing tools, such as the CDC's School Health Index (<http://apps.nccd.cdc.gov/shi/>) and the USDA's Changing the Scene (<http://www.fns.usda.gov/tn/Healthy/changing.html>) to assess the school's current environment and work toward healthy changes.

LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Define “fruit,” “vegetable,” and “physical activity.”
- State the recommended number of cups of fruits and vegetables children should eat every day and the recommended minutes of physical activity they should engage in every day.
- Identify and chart the current nutrition and physical activity related habits and attitudes of the class.

LINKS TO CONTENT STANDARDS

- Statistics, Data Analysis, and Probability 1.0
Students display, analyze, compare, and interpret different data sets, including data sets of different sizes.
- Listening and Speaking Strategies 1.0
Students deliver focused, coherent presentations that convey ideas clearly and relate to the background and interest of the audience. They evaluate the content of oral communication.

READY

Students work in groups of 6-7, using a worksheet to survey each other about their nutrition and physical activity related habits and attitudes. When group surveys are completed, students work as a class to quantify the results using pie charts. Then students analyze the results to make an informal assessment of where they are in relation to the fruit and vegetable and physical activity recommendations.

SET

- Review Power Survey, Worksheet 1.
- Draw nine blank pie charts on the board. Divide each pie chart into sections so there is one section for each student in the class. Label each pie chart (e.g., Q1. Stronger bones & teeth, Q2. Physically active after school, etc.)

GO

1. Review survey process.

- Explain to students that this activity will help them learn more about their own and their classmates’ nutrition and physical activity related habits and attitudes.
- Briefly discuss the basic definitions of fruit, vegetable, and physical activity.
- Tell your students that kids their age should eat 3½ to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day.
- Create small groups of 6–7 students.
- Direct students to turn to Power Survey, Worksheet 1 in their workbooks. Review the directions at the top of the worksheet.

Power Survey



TIME

- Prep — 10 minutes
- Activity — 50 minutes

MATERIALS

- Student workbooks

Deciding whether something is a fruit or a vegetable can be tricky, since they can be defined by their botanical parts or their nutrients. This explains why a tomato is technically a fruit (it has seeds), but is usually thought of as a vegetable. You can use the following simple definitions based on the plant parts:

- A fruit is the part of a plant that you can eat that contains seeds, such as an apple, avocado, or pear.
- A vegetable is the stem, leaf, or root of a plant that you can eat, such as lettuce, carrots, or asparagus.
- Physical activity is a game, sport, exercise, or other action that involves moving your body, especially when it makes your heart beat faster. The *5 a Day—Power Play! Campaign* also calls this “power play.”



Power Survey

2. Students survey classmates.

- Allow students about 10 minutes to conduct the surveys in their groups. When students have completed the survey, ask the *Recorder* to add the number of “yes” answers for each question.

3. Chart student responses.

- Have each *Recorder* report the number of “yes” answers for each question and fill in the appropriate number of pie wedges on that question’s chart.
- Complete one pie chart for each of the nine questions.

4. Discuss students’ findings.

- When the pie charts are completed, review the results with the class. Then lead a discussion based on the pie charts.
 - According to the chart, do most of you eat fruits and vegetables for snacks (Q4)? Why or why not?
 - According to the chart, do most of you think eating 3½ to 5 cups of fruits and vegetables every day is easy (Q5)? Why or why not?
 - According to the chart, do most of you like the taste of a lot of different fruits and vegetables (Q6)? Why or why not?
 - According to the chart, do most of you usually do something physically active after school (Q2)? Why or why not?

- According to the chart, do most of you think it’s easy to get at least 60 minutes of physical activity every day (Q8)? Why or why not?
- Conclude the activity by explaining that in the upcoming weeks students will be learning new ways to eat more fruits and vegetables and to get at least 60 minutes of physical activity every day. They also will be discussing why both are important. You may want to revisit this activity at a later date and compare the results with today’s results. Be sure to save these results, so that you can compare them when you repeat the activity later.

GO FARTHER

- Have students calculate percentages for each pie chart.
- Students can use the survey questions with another class, create new charts of the responses, and compare their class charts with the charts for the other class.
- Students can also use the survey questions with family members and begin a discussion at home of why eating fruits and vegetables and getting at least 60 minutes of physical activity every day is important.
- If you have access to computers, show students how to create pie charts on the computer.



Power Survey



- Pick one person in your group to be the *Surveyor*—the one who asks the questions.
- Pick someone else to be the *Recorder*—the one who keeps track of the answers.
- The *Surveyor* reads each question out loud. For each question, ask everyone in the group to raise their hands if they want to answer “yes.” Don’t forget to include the *Surveyor* and the *Recorder*. The *Surveyor* counts the number of hands that are raised.
- The *Recorder* writes the number of “yes” answers in the question’s box.
- Example: The *Surveyor* asks, “Do you eat fruits and vegetables for snacks?” Four students raise their hands to say “yes.” The *Recorder* writes “4” in that question’s box.

1 Do you think eating fruits and vegetables can help give you stronger bones and teeth?

2 Do you usually do something physically active after school?

3 Do you think fruits and vegetables can help make you stronger?

4 Do you eat fruits and vegetables for snacks?

5 Do you think eating 3½ to 5 cups of fruits and vegetables every day is easy?

6 Do you like the taste of a lot of different fruits and vegetables?

7 Do you think being physically active can help you pay attention in school?

8 Do you think it’s easy to get at least 60 minutes of physical activity every day?

9 Do you think physical activity can give you more energy?



Encuesta de Poder



- Selecciona una persona en tu grupo que sea el *Encuestador*—el que hace las preguntas.
- Seleccione a alguien que sea el *Contador*—el que mantiene el récord de las respuestas.
- El *Encuestador* lee cada pregunta a voz alta. Para cada pregunta, pide que todos los del grupo levanten la mano si desean contestar “sí”. No olviden de incluir al *Encuestador* y al *Contador*. El *Encuestador* cuenta el número de manos que se han levantado.
- El *Contador* escribe el número de respuestas “sí” en el cuadro de la pregunta.
- Por ejemplo: El *Encuestador* pregunta, “¿Comiste frutas y vegetales en tus bocadillos?” Cuatro estudiantes levantan la mano para indicar que “sí”. El *Contador* escribe “4” en el cuadro de esa pregunta.

1

¿Crees que comer frutas y vegetales te ayuda a tener huesos y dientes más fuertes?

2

¿Haces regularmente alguna actividad física cuando sales de la escuela?

3

¿Crees que las frutas y vegetales te ayudan a ser más fuerte?

4

¿Comiste frutas y vegetales en tus bocadillos?

5

¿Crees que es fácil comer de 3½ a 5 tazas de frutas y vegetales al día?

6

¿Te gusta el sabor de muchas frutas y vegetales diferentes?

7

¿Crees que el ser físicamente activo te puede ayudar a estar más atento en la escuela?

8

¿Crees que es fácil hacer 60 minutos diarios de actividad física?

9

¿Crees que la actividad física te da más energía?

LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Name at least 5 different fruits and vegetables.
- Describe key characteristics and health benefits of at least one fruit or vegetable.
- Locate credible information about fruits and vegetables using a variety of sources.
- Create and present an oral report about their findings.

LINKS TO CONTENT STANDARDS

- Reading Comprehension 2.0
Students read and understand grade-level appropriate materials. They describe and connect the essential ideas, arguments, and perspectives of the text by using their knowledge of text structure, organization, and purpose.
- Listening and Speaking Strategies 1.0
Students deliver focused, coherent presentations that convey ideas clearly and relate to the background and interests of the audience. They evaluate the content of oral communication.
- Speaking Applications (Genres and Their Characteristics) 2.0
Students deliver well-organized formal presentations employing rhetorical strategies (e.g., narration, exposition, persuasion, description). Student speaking demonstrates a command of standard American English and the organizational and delivery strategies outlined in Listening and Speaking Standard 1.0.

READY

Students complete a word scramble activity. Working in small groups, they research and present an oral report about one of the fruits or vegetables identified.

SET

- Review the Activity Notes.
- Review Power Scramble, Worksheet 2A and Presentation Power, Worksheet 2B.
- Gather information resources in your classroom. See the Activity Notes for resource ideas.
- If Internet access is available, check out the Web sites listed in the Activity Notes and select those that are most appropriate for your students to use. List these Web sites on the board.

Power Scramble



TIME

- Prep — 15 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks
- Resources for student research (e.g., encyclopedias, library books, Internet access)



Power Scramble

GO

1. Review Power Scramble process.

- Explain to students that this activity will help them become familiar with a variety of fruits and vegetables.
- Have them turn to Power Scramble, Worksheet 2A in their workbooks. Review the directions at the top of the worksheet with the students. For more advanced students, you may want to suggest that they cover the word list and try to complete the scrambles without it.

2. Students complete Power Scramble.

- Allow students about 5-8 minutes to complete the Power Scramble.

3. Discuss student findings.

- Lead a discussion of the words in the Power Scramble.
 - Have you heard of all the fruits and vegetables on the list?
 - Which are new to you?
 - Are there foods on the list that you enjoy and eat often?

4. Explain the oral report process.

- Break the class into groups of 4–5 students and have each group count off into “1” or “2.” All the 1s will report on a fruit; all 2s will report on a vegetable.
- Assign each group one fruit or one vegetable from the Power Scramble list. Make sure each group is researching a different item.
- Explain that each group will present a brief oral report (2 or 3 minutes) about their fruit or vegetable.
- Have students find Presentation Power, Worksheet 2B in their workbooks. Review the questions on the worksheet with students.

5. Discuss sources of information for oral reports.

- Point out the list of Web sites on the board and any other resources in the classroom for their reports.
- If students will have homework time to complete their research, discuss ideas about how to find more information about the subjects for their reports outside of the classroom. (Suggestions may include: a book in the library, a parent or teacher, a member of the school food service staff, a Web site, a doctor or dietitian, a supermarket produce manager, a farmer, a chef, etc.)

6. Groups prepare oral reports.

- Allow students class time to prepare for their oral reports, using the Presentation Power worksheet. It should take 15-20 minutes to complete.

7. Groups present reports.

- Have each group present its brief oral report to the class and answer questions.

GO FARTHER

- Encourage students to interview older friends or family members to gather information about the fruit or vegetable they have chosen for their oral report.
- Have students create an art project featuring their fruit or vegetable or illustrate their report using images of fruits and vegetables from magazines.
- Take a field trip to a local supermarket, farmers’ market, or farm, or invite a guest speaker to teach students more about the fruits and vegetables in the Power Scramble. Guest speakers may include a farmer, farmers’ market manager, master gardener, dietitian, supermarket produce manager, chef, or your school food service director.
- Conduct a taste testing of some of the fruits and vegetables in the Power Scramble.



Activity Notes: Power Scramble

While researching for their oral reports, students may learn the following facts about different fruits and vegetables:

Acorn Squash:

- Vegetable
- Shaped like an acorn with a hard blackish-green, orange, or yellow skin; yellow-orange flesh inside
- Excellent source of fiber, vitamin A, and vitamin C and good source of calcium
- Grown in California, Florida, Michigan, and Georgia

Apricot:

- Fruit
- Peach, yellow or orange-colored round fruit with hard pit in middle
- Grown in California, New Zealand, and Turkey
- Excellent source of vitamin A

Bell Pepper:

- Vegetable
- Shiny green, red, yellow, orange, purple, or brown (depending on variety) in firm bell-shape
- Grown in California, Florida, and New Jersey
- Excellent source of vitamin C

Blueberry:

- Fruit
- Dark blue or purplish-black-colored, small, round fruit
- Grown in Canada, Chile, Michigan, North Carolina, New Jersey, and Oregon
- Good source of vitamin C and fiber

Cabbage:

- Vegetable
- Light green or reddish-purple depending on variety and round
- Grown in California, Canada, Florida, New York, and Texas
- Excellent source of vitamin C

Cauliflower:

- Vegetable
- Compact white curds in round shape with green leaves on bottom
- Grown in California and Canada
- Excellent source of vitamin C and good source of folate

Eggplant:

- Vegetable
- Bell shape, firm, shiny, dark purple on the outside and cream-colored on the inside
- Grown in California, Florida, Georgia, Mexico, and Japan
- Source of fiber

Nectarine:

- Fruit
- Yellow, orange, peach and reddish-colored and round
- Grown in California, Chile, and Washington
- Good source of vitamin C

Resources

The following resources may help students with their oral reports. If students do not have Internet access, you may wish to download and print information from the Web sites listed below for students to use. Please note that some of the sources listed below are affiliated with for-profit companies. Their inclusion does not imply an endorsement by the *California Children's 5 a Day—Power Play! Campaign*.

Be sure to check out each Web site for its appropriateness for your students.

www.5aday.com

www.califapricot.com

www.calraisins.org

www.cdc.gov (search for Fruit and Vegetable of the Month)

www.cfaitc.org/Resource_Materials/commodity/commodity.html

www.crfg.org

www.dole5aday.com/ReferenceCenter/R_Home.jsp

www.eatcaliforniafruit.com

www.leafy-greens.org

www.ncsweetpotatoes.com

www.red-raspberry.org

www.thefruitpages.com

www.watermelon.org

www.wildblueberries.com

Review the resources listed in the Appendix for other useful Web sites.



Activity Notes: Power Scramble

Papaya:

- Fruit
- Green oval-shaped fruit that turns to yellowish-orange when ripe
- Grown mostly in Mexico and Hawaii
- Excellent source of vitamin C and good source of folate and fiber

Pineapple:

- Fruit
- Hard greenish-brown shell with spikes and green crown leaves/yellow flesh on the inside
- Grown in Hawaii, Costa Rica, Honduras, and Mexico
- Excellent source of vitamin C

Raisins:

- Fruit (made from grapes)
- Look like either dried green, golden, or purple grapes
- Grown in California; the San Joaquin Valley is the world's largest producer
- Source of potassium and iron

Raspberry:

- Fruit
- Small, bumpy round berries in pinkish-purple, red, black, or golden color (depending on variety)
- Grown in California, Chile, and Canada
- Excellent source of fiber and vitamin C

Spinach:

- Vegetable
- Dark green leaves
- In North America, spinach is grown primarily in California and Mexico
- Excellent source of vitamin A, vitamin C, folate, and iron and good source of fiber

Sweet Potato:

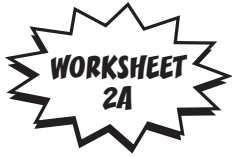
- Vegetable, not to be confused with the yam
- Pink/red/brown-colored and oblong
- Grown in Louisiana and North Carolina
- Excellent source of vitamin A and vitamin C and good source of fiber and potassium

Watermelon:

- Fruit
- Large, oval-shaped fruit with dark and light green stripes on outside and pink flesh inside with black or tan seeds
- In the U.S. watermelon is grown mostly in California, Florida, Georgia, South Carolina, and Texas
- Excellent source of vitamin A and vitamin C

Name _____

Date _____



Power Scramble



Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line next to the scrambled word. You can use the word list for help.

- 1 aelpepnip _____
- 2 rulerebyb _____
- 3 ganeptlg _____
- 4 yasebrpr _____
- 5 focawrullie _____
- 6 lebl erpppe _____
- 7 etews otptoa _____
- 8 nalemrewot _____
- 9 yaappa _____
- 10 tinancere _____
- 11 beabacg _____
- 12 cipotar _____
- 13 craon ahsqus _____
- 14 shpacin _____
- 15 ransisi _____

WORD LIST

acorn squash

apricot

bell pepper

blueberry

cabbage

cauliflower

eggplant

nectarine

papaya

pineapple

raisins

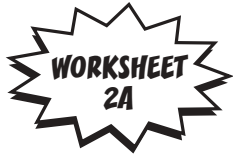
raspberry

spinach

sweet potato

watermelon





Power Scramble

ANSWER KEY



Rearrange the letters in each word to form the name of a fruit or vegetable. Write each word on the line next to the scrambled word. You can use the word list for help.

- 1 aelpepnip pineapple
- 2 rulerebyb blueberry
- 3 ganeptlg eggplant
- 4 yasebrpr raspberry
- 5 focawrullie cauliflower
- 6 lebl erpppe bell pepper
- 7 etews otptoa sweet potato
- 8 nalemrewot watermelon
- 9 yaappa papaya
- 10 tinancere nectarine
- 11 beabacg cabbage
- 12 cipotar apricot
- 13 craon ahsqus acorn squash
- 14 shpacin spinach
- 15 ransisi raisins

WORD LIST

acorn squash

apricot

bell pepper

blueberry

cabbage

cauliflower

eggplant

nectarine

papaya

pineapple

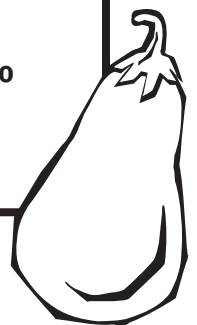
raisins

raspberry

spinach

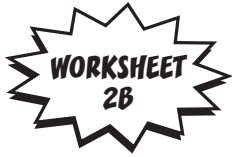
sweet potato

watermelon

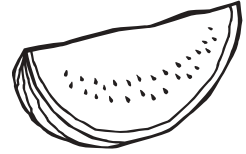


Name _____

Date _____



Presentation Power



Prepare a short oral report about your fruit or vegetable that answers the questions below. If you can, show a picture of the fruit or vegetable or bring the real fruit or vegetable to show the class.

1

What is the name of the fruit or vegetable? _____

2

Is it a fruit or vegetable? _____

3

What does the fruit or vegetable look like?
Describe its color on the inside and outside, its shape, and its size.

4

Does it grow in the United States? Where? _____

5

What is in this fruit or vegetable that makes it good for you?
Are there vitamins found in it? If yes, what are they?

6

What are some ways that you can eat this fruit or vegetable?

Nombre _____

Fecha _____



¡Buscando con Ganas!



Acomoda las letras para formar el nombre de una fruta o vegetal. Escribe cada palabra en la línea junto a las letras desorganizadas. Puedes ayudarte con la lista de palabras.

PALABRAS

berenjena**camote****chabacano****chilacayote****coliflor****espinacas****frambuesa****moras azules****nectarina****papaya****pasas****pimentón****piña****repollo****sandía**

- 1** aiñp _____
- 2** aorsm lzeusa _____
- 3** nbjreeena _____
- 4** aasufembr _____
- 5** llfoicro _____
- 6** enimpótn _____
- 7** ecoatm _____
- 8** aísadn _____
- 9** yaappa _____
- 10** tinancare _____
- 11** llorope _____
- 12** oanacbcha _____
- 13** ialyaotcche _____
- 14** neicpsasa _____
- 15** ssapa _____



Nombre _____

Fecha _____



¡Buscando con Ganas!



GUÍA DE RESPUESTAS

Acomoda las letras para formar el nombre de una fruta o vegetal. Escribe cada palabra en la línea junto a las letras desorganizadas. Puedes ayudarte con la lista de palabras.

- 1** aiñp _____ *piña*
- 2** aorsm lzeusa _____ *moras azules*
- 3** nbjreeena _____ *berenjena*
- 4** aasufembr _____ *frambuesa*
- 5** llfoicro _____ *coliflor*
- 6** enimpótn _____ *pimentón*
- 7** ecoatm _____ *camote*
- 8** aísadn _____ *sandía*
- 9** yaappa _____ *papaya*
- 10** tinancare _____ *nectarina*
- 11** llorope _____ *repollo*
- 12** oanacbcha _____ *chabacano*
- 13** ialyaotcche _____ *chilacayote*
- 14** neicpsasa _____ *espinacas*
- 15** ssapa _____ *pasas*

PALABRAS

berenjena
camote
chabacano
chilacayote
coliflor
espinacas
frambuesa
moras azules
nectarina
papaya
pasas
pimentón
piña
repollo
sandía

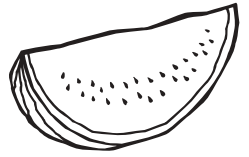


Nombre _____

Fecha _____



Reporte de Investigación



Prepara un informe oral corto sobre tu fruta o vegetal que conteste las preguntas de abajo.
Si puedes, muestra una foto de la fruta o vegetal o trae la fruta o vegetal para enseñarla en clase.

1

¿Cómo se llama la fruta o vegetal? _____

2

¿Es fruta o vegetal? _____

3

¿Cómo se ve la fruta o vegetal?
Describe su color por dentro y por fuera, su forma y su tamaño.

4

¿Crece en los Estados Unidos? ¿En dónde? _____

5

¿Qué contiene esta fruta o vegetal que lo hacen bueno para tí? ¿Tiene vitaminas?
Si tiene vitaminas, ¿cuáles son?

6

¿Cuáles son algunas maneras que puedes comer esta fruta o vegetal?

LEARNING OBJECTIVES

After completing this activity, students will be able to:

- State the recommended cups of fruits and vegetables they should be eating and the recommended minutes of physical activity they should engage in every day.
- Recognize how different quantities of fruits and vegetables add up to the recommended daily amounts.
- Determine number of cups of fruits and vegetables and minutes of physical activity by solving math problems.

LINKS TO CONTENT STANDARDS

- Number Sense 3.0
Students perform calculations and solve problems involving addition, subtraction, and simple multiplication and division of fractions and decimals.
- Mathematical Reasoning 1.0
Students make decisions about how to approach problems.

READY

Students watch a demonstration to show different amounts of fruits and vegetables (e.g., $\frac{1}{2}$ cup, 1 cup, etc.) and discuss information about daily fruit and vegetable and physical activity recommendations. Then they complete a math worksheet with addition, subtraction, multiplication, and division problems related to cups of fruits and vegetables and minutes of physical activity.

SET

- Review How Much Do I Need?, Worksheet 3A (**Note:** Worksheet 3A is gender specific); Cups of Colorful Fruits and Vegetables, Worksheet 3B; and Power Play! Math, Worksheet 3C.
- Prepare fruits and vegetables for demonstration. Remember to include fresh, frozen, canned, juiced, and dried fruits and vegetables.
Note: limit the quantity of dried fruits and vegetables to $\frac{1}{4}$ cup and juice to $\frac{3}{4}$ cup. If real fruits and vegetables are not available, use measuring cups alone to demonstrate the amounts instead. You may want to work with your school food service department to prepare for the demonstration or to obtain measuring cups.

How Much Do I Need?



TIME

- Prep — 15 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks
- A variety of fruits and vegetables (fresh, frozen, canned, or dried) and measuring cups for demonstration. Obtain these from your school food service department or call your local supermarket or farmers' market to request a produce donation.

Note: To ease children's understanding of the Dietary Guidelines, some information in this *Kit* has been simplified. The USDA recommends that 1 cup of lettuce count as only $\frac{1}{2}$ cup of vegetables and that $\frac{1}{4}$ cup of dried fruit count as $\frac{1}{2}$ cup of fruit. In addition, the USDA's MyPyramid Web site provides specific examples of the cup measurements of various whole fruits and vegetables. For simplification, this *Kit* does not provide this level of detail and makes the more general recommendations shown on Worksheet 3B: Cups of Colorful Fruits & Vegetables. For more information on the USDA's recommendations, visit www.mypyramid.gov and go to Inside the Pyramid.



How Much Do I Need?

GO

1. Students identify the number of cups of fruits and vegetables they need every day.

- Have the students turn to How Much Do I Need?, Worksheet 3A in their workbooks. Review the information together. Explain that children their age should eat $3\frac{1}{2}$ to 5 cups of fruits and vegetables every day. Also explain that the number of cups of fruits and vegetables that each child needs is based upon their age, gender, and physical activity level. For example, a 10-year-old girl who is physically active for 30 to 60 minutes each day should eat $1\frac{1}{2}$ cups of fruits and $2\frac{1}{2}$ cups of vegetables every day.
- Have the students use Worksheet 3A to determine how many cups of fruits and vegetables they need every day.
Note: most 9- to 11-year-old children get 30 to 60 minutes or more than 60 minutes of physical activity every day. When determining the number of cups of fruits and vegetables, these categories should be used.

2. Students state number of cups of fruits and vegetables.

- Ask students the following questions:
 - According to Worksheet 3A, how many cups of fruits should you eat every day?
 - According to Worksheet 3A, how many cups of vegetables should you eat every day?
 - According to Worksheet 3A, how many total cups of fruits and vegetables should you eat every day?
 - Does eating the recommended cups of fruits and vegetables sound easy or hard? Why?

3. Demonstrate different amounts of fruits and vegetables as measured by cups.

- Ask students the following questions:
 - How big is $\frac{1}{2}$ cup of fruit?
 - How big is 1 cup of vegetables?
- Have the students turn to Cups of Colorful Fruits and Vegetables, Worksheet 3B in their workbooks. Review the information together. Explain that different quantities of fruits and vegetables can add up to the recommended $3\frac{1}{2}$ to 5 cups that they need every day for good health.
- Demonstrate different amounts of fruits and vegetables using measuring cups and cupped hands. Also show several examples of whole pieces of fruits and vegetables that are about the size of a baseball (about 3" in diameter). Point out that fresh, frozen, canned, dried, and juiced fruits and vegetables all count. Remind the students that not all juice drinks are 100% juice and that they should go easy on the amount of juice they drink each day.
- Use student volunteers to show how $\frac{1}{2}$ cup of fruits or vegetables fits into one cupped hand and 1 cup of raw, leafy greens fits into two cupped hands. Direct students to the back cover of their student workbooks for another visual of this.
- Ask the students:
 - As you were watching the demonstration, did you guess the right amount of fruits and vegetables? Were your guesses too big, too small, or just about right?
 - Now that you can recognize what cups and $\frac{1}{2}$ cups look like, does eating $3\frac{1}{2}$ to 5 cups of fruits and vegetables every day seem easier or harder? Why?

How Much Do I Need?

ACTIVITY
3

4. Discuss the need for physical activity.

- Ask students the following questions and do not correct their responses.
 - How many minutes of physical activity should you get every day?
 - What counts as physical activity?
 - If you aren't physically active every day, why aren't you?
 - What makes you want or not want to be physically active?
- Explain to students that children should be physically active for 60 minutes every day. Ask the students if this is more or less than they expected.
- Emphasize that 60 minutes is the total time that children should be active every day and that they can add up the different things they do every day. They don't have to do all the activity at one time, but they should try to be active for at least 10 minutes at a time to get a total of at least 60 minutes every day.
- Discuss the variety of activities that constitute physical activity, including active forms of play, and review the definitions of moderate and vigorous physical activity:
 - Moderate physical activities get you up and moving and make your heart beat faster (e.g., walking, biking, taking the stairs, raking leaves, walking the dog).
 - Vigorous physical activities make you breathe hard and sweat (e.g., running, jogging, dancing, jumping rope, playing soccer, or playing basketball).
- Explain to students that they should try to get some type of vigorous physical activity every day.

5. Students complete math activity.

- Have students turn to Power Play! Math, Worksheet 3C in their workbooks. Review the directions at the top of the worksheet with students.
- Allow students approximately 20 minutes to complete the worksheet.

6. Discuss student work.

- When students are done, review the answers as a class. Then lead a discussion and ask the students:
 - What have you learned about the amount of fruits and vegetables you need every day for good health?
 - Will this information change the amount of fruits and vegetables that you eat every day?
 - What have you learned about physical activity?
 - Will this information change the amount of physical activity that you get every day?

GO FARTHER

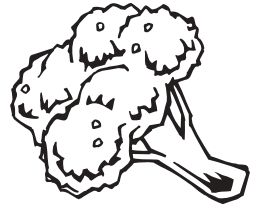
- Have students color their Cups of Colorful Fruits and Vegetables worksheets and take them home to place on their refrigerators.
- Encourage students to count the number of cups of fruits and vegetables they get when they eat the school lunch.
- Help reinforce what your students have learned about physical activity during your physical education time. Ask students if they think the activity they are doing is moderate or vigorous physical activity. Use a stop watch to track the amount of time that the students are active. After the activity, ask the students to estimate how much time they were moderately or vigorously active and compare it with the actual time.
- Invite the school food service director or a food service staff member to visit the class during this activity. He or she can talk with the children about the fruits and vegetables that are included in the school meals and how eating the school lunch can help them meet their daily nutritional goals.
- Bring in samples of juices and juice drinks to help students learn to identify 100% juices. Many drinks that children think are juice have only a small percentage of juice and a lot of added sugar. Students can learn to check the labels to find the percentage of juice in a drink.

Name _____

Date _____



How Much Do I Need? BOY



9-year-old boy

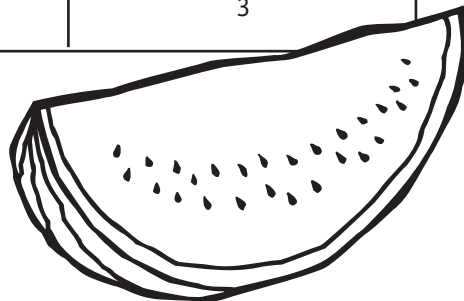
Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

10-year-old boy

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	3	5

11-year-old boy

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2½	4
30 to 60 minutes	2	2½	4½
More than 60 minutes	2	3	5



Name _____

Date _____



How Much Do I Need? GIRL



9-year-old girl

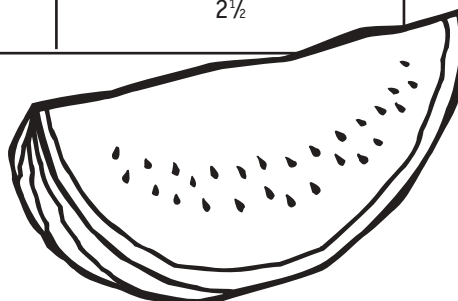
Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	1½	3
30 to 60 minutes	1½	2	3½
More than 60 minutes	1½	2½	4

10-year-old girl

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	1½	3
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

11-year-old girl

Minutes of Physical Activity	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
Less than 30 minutes	1½	2	3½
30 to 60 minutes	1½	2½	4
More than 60 minutes	2	2½	4½

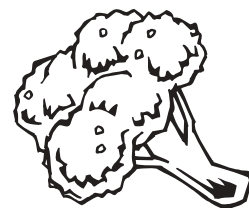


Nombre _____

Fecha _____



¿Cuánto Necesito? NIÑO



Niño de 9 años de edad

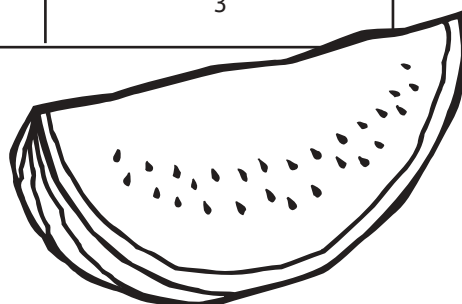
Minutos de Actividad Física	Tazas de Frutas que Necesitas Cada Día	Tazas de Vegetales que Necesitas Cada Día	Total de Tazas de Frutas y Vegetales que Necesitas Cada Día
Menos de 30 minutos	1½	2	3½
30 a 60 minutos	1½	2½	4
Más de 60 minutos	2	2½	4½

Niño de 10 años de edad

Minutos de Actividad Física	Tazas de Frutas que Necesitas Cada Día	Tazas de Vegetales que Necesitas Cada Día	Total de Tazas de Frutas y Vegetales que Necesitas Cada Día
Menos de 30 minutos	1½	2	3½
30 a 60 minutos	1½	2½	4
Más de 60 minutos	2	3	5

Niño de 11 años de edad

Minutos de Actividad Física	Tazas de Frutas que Necesitas Cada Día	Tazas de Vegetales que Necesitas Cada Día	Total de Tazas de Frutas y Vegetales que Necesitas Cada Día
Menos de 30 minutos	1½	2½	4
30 a 60 minutos	2	2½	4½
Más de 60 minutos	2	3	5



Nombre _____

Fecha _____



¿Cuánto Necesito? NIÑA



Niña de 9 años de edad

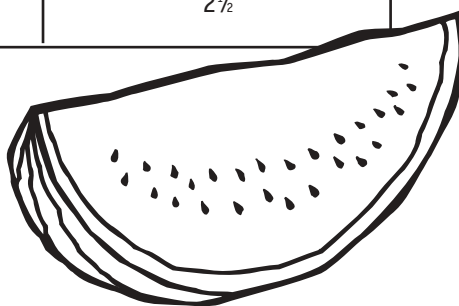
Minutos de Actividad Física	Tazas de Frutas que Necesitas Cada Día	Tazas de Vegetales que Necesitas Cada Día	Total de Tazas de Frutas y Vegetales que Necesitas Cada Día
Menos de 30 minutos	1½	1½	3
30 a 60 minutos	1½	2	3½
Más de 60 minutos	1½	2½	4

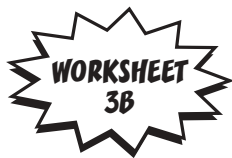
Niña de 10 años de edad

Minutos de Actividad Física	Tazas de Frutas que Necesitas Cada Día	Tazas de Vegetales que Necesitas Cada Día	Total de Tazas de Frutas y Vegetales que Necesitas Cada Día
Menos de 30 minutos	1½	1½	3
30 a 60 minutos	1½	2½	4
Más de 60 minutos	2	2½	4½

Niña de 11 años de edad

Minutos de Actividad Física	Tazas de Frutas que Necesitas Cada Día	Tazas de Vegetales que Necesitas Cada Día	Total de Tazas de Frutas y Vegetales que Necesitas Cada Día
Menos de 30 minutos	1½	2	3½
30 a 60 minutos	1½	2½	4
Más de 60 minutos	2	2½	4½





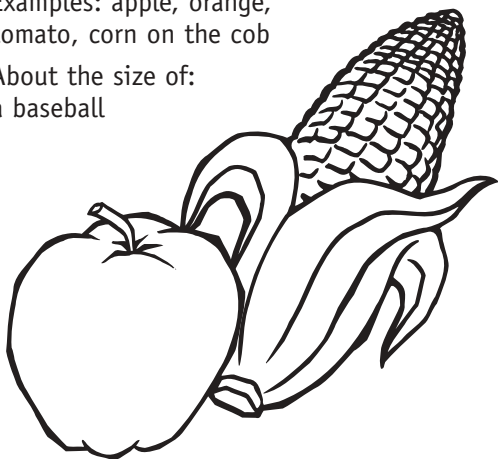
Cups of Colorful Fruits & Vegetables

Want to stay healthy and have lots of energy? Use Worksheet 3A to find out how many cups of fruits and vegetables you should eat every day. Then add up your cups to meet your goal. How do you know how many cups you are eating? Use these tips to help you.

1 whole fruit or vegetable = 1 cup

Examples: apple, orange, tomato, corn on the cob

About the size of:
a baseball

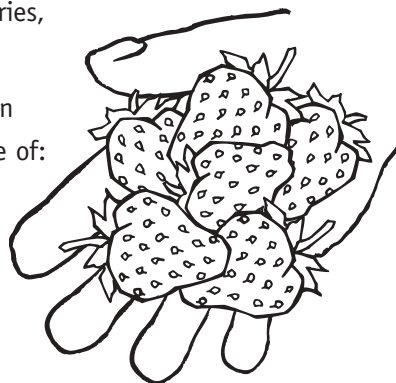


1 cupped handful of fresh, frozen, or canned* fruits or vegetables = 1/2 cup

*canned fruit packed in 100% juice

Examples: berries, baby carrots, broccoli, chopped melon

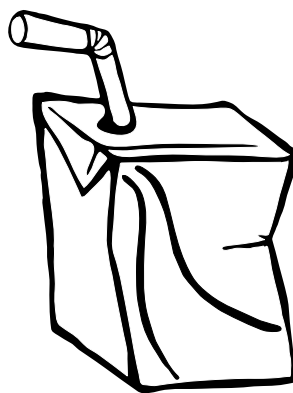
About the size of:
1/2 a baseball



2 cupped handfuls of raw, leafy greens = 1 cup

Examples: green salad, spinach

About the size of:
a baseball



1 juice box with 100% juice = 3/4 cup (6 ounces)

Examples: orange juice, apple juice, tomato juice

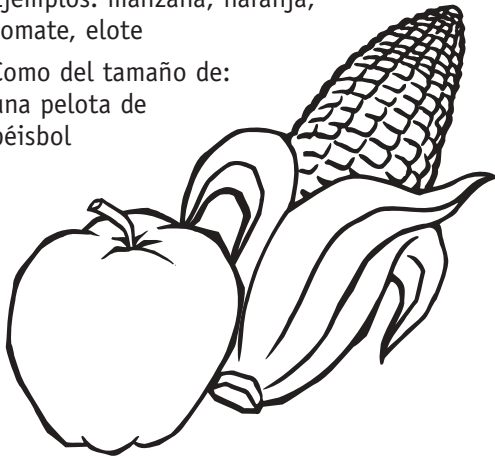
Tazas de Frutas y Vegetales de Colores

¿Quieres mantenerte sano y tener mucha energía? Usa la Hoja de Trabajo 3A para saber cuantas tazas de frutas y vegetales debes de comer cada día. Luego suma las tazas de frutas y vegetales que debes comer cada día. Luego agrega las tazas que necesitas para llegar a tu meta. ¿Como puedes saber cuantas tazas estas comiendo? Usa estas ideas para ayudarte.

1 fruta o vegetal = 1 taza

Ejemplos: manzana, naranja, tomate, elote

Como del tamaño de:
una pelota de
béisbol



Una mano llena de frutas o vegetales frescos, congelados, o enlatados* = 1/2 taza

* fruta enlatada en jugo 100% natural

Ejemplos: moras, fresas, zanahorias miniatura, brócoli, melón picado

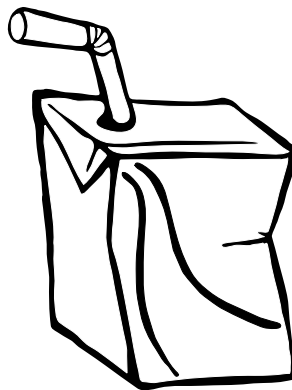
Como del tamaño de: media pelota de béisbol



2 manos llenas de hojas verdes crudas = 1 taza

Ejemplos: ensalada verde, espinaca

Como del tamaño de: una
pelota de béisbol

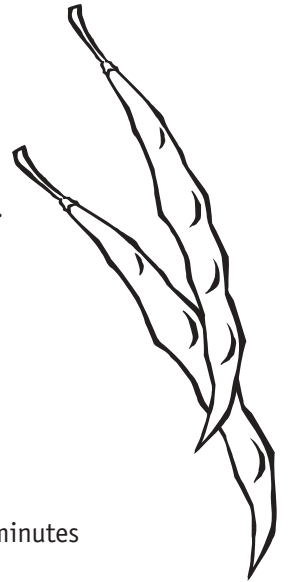


1 caja de jugo 100% natural = 3/4 de taza (6 onzas)

Ejemplos: jugo de naranja, jugo de manzana, jugo de tomate



Power Play! Math



Solve the math problems below. Use Cups of Colorful Fruits and Vegetables, Worksheet 3B for help.
If you use an equation to solve the problem, write it down.

- 1** 1 cupped handful of baby carrots = _____ cup(s)
- 2** 2 whole peaches = _____ cup(s)
- 3** Justin has 1 cup of chopped cantaloupe. He is 11 years old and active for more than 60 minutes every day. How many more cups of fruit does Justin need to eat today?
- 4** It takes Ana 15 minutes to ride her bike from home to the park entrance and 10 more minutes to ride her bike around the park back to the entrance. If Ana rides to the park, through the park, and then back home, how many minutes of physical activity did she get?
- 5** Jessica gets 2 cups of strawberries at a picnic. She gives $\frac{1}{4}$ cup to Rebecca and $\frac{1}{2}$ cup to Abby. How many cups of fruit does Jessica have left?
- 6** Latisha makes a smoothie with 2 cups of strawberries, 1 cup of pear slices, $\frac{1}{4}$ cup of plain yogurt, and $\frac{1}{2}$ cup of milk. How many cups of fruit does Latisha have in her smoothie?

If Latisha splits her smoothie in half with her friend, how many cups of fruit does Latisha have left?

7

It takes Carlos 20 minutes to walk to school. At the end of the day, he walks back home. How many minutes of physical activity does Carlos get on these walks each school day?

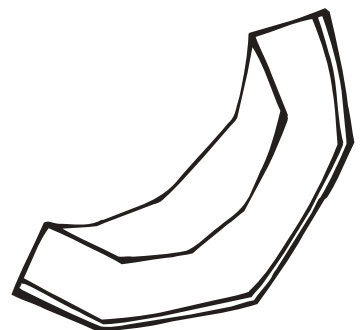
Carlos needs to get at least 60 minutes of physical activity every day. Use a fraction to show how many of the total minutes of physical activity he needs every day come from his walks. Use the simplest fraction possible.

8

Kristin is 9 years old and is active for less than 30 minutes every day. She eats $\frac{1}{2}$ cup of baby carrots with her lunch. Later, she eats $\frac{1}{2}$ cup of green beans with dinner. How many cups of vegetables has she eaten?

What percentage of Kristin's daily fruit and vegetable requirement does this equal?

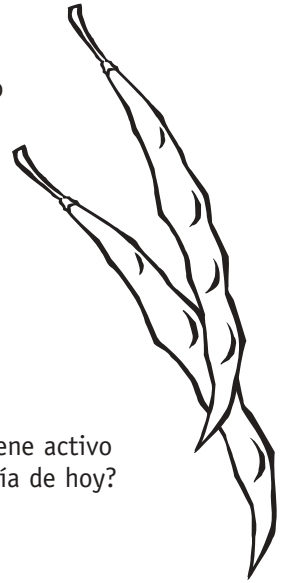
How do you write this percentage as a decimal?





¡Jugando con Ganas a las Matemáticas!

Resuelve los siguientes problemas matemáticos. Para ayudarte, utiliza las Hojas de Trabajo ¿Cuánto Necesito? y Tazas de Frutas y Vegetales de Colores. Si haces alguna cuenta para resolver el problema, escríbela abajo del problema.

**1**

1 mano llena de zanahorias miniatura = _____ taza(s)

2

2 duraznos enteros = _____ tazas(s)

3

Agustín tiene una taza de pedacitos de melón. Agustín tiene 11 años de edad y se mantiene activo por más de 60 minutos al día. ¿Cuántas tazas más de frutas tiene que comer Agustín el día de hoy?

4

Ana tarda 15 minutos llegar de su casa a la entrada del parque manejando su bicicleta, y tarda 10 minutos más en darle la vuelta al parque y llegar de nuevo a la entrada. Si Ana maneja su bicicleta de su casa al parque, le da la vuelta al parque y regresa a su casa, ¿cuántos minutos de actividad física hizo Ana?

5

Jessica lleva 2 tazas de fresas a un día de campo. Jessica le da $\frac{1}{4}$ taza de fresas a Rebeca y $\frac{1}{2}$ taza a Abby. ¿Cuántas tazas de fruta le quedaron a Jessica?

6

Leticia hace un licuado con 2 tazas de fresas, 1 taza de peras en rebanadas, $\frac{1}{4}$ taza de yogur natural y $\frac{1}{2}$ taza de leche. ¿Cuántas tazas de fruta tiene Leticia en su licuado?

Si Leticia comparte la mitad de su licuado con su amiga, ¿cuántas porciones de fruta le quedan a Leticia?

7

Carlos tarda 20 minutos en caminar a la escuela. Por la tarde, Carlos camina de regreso a casa.
¿Cuántos minutos de actividad física hizo Carlos durante esas caminatas cada día de clases?

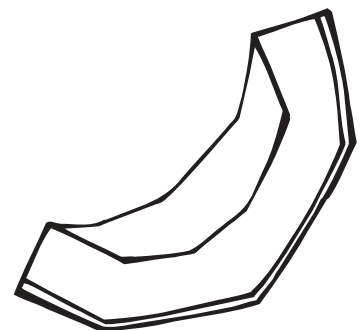
Carlos necesita tener por lo menos 60 minutos de actividad física cada día. Usa una fracción para mostrar cuantos minutos de ese total de actividad física hace Carlos como resultado de sus caminatas. Simplifica la fracción al más bajo denominador.

8

Cristina tiene 9 años de edad y se mantiene activa por menos de 30 minutos diarios. Ella come $\frac{1}{2}$ taza de zanahorias miniatura a la hora del lonche. Después Cristina se come $\frac{1}{2}$ taza de ejotes en la cena.
¿Cuántas tazas de vegetales se ha comido Cristina?

¿A que porcentaje de los requerimientos diarios de frutas y vegetales equivale?

¿Cómo escribes este porcentaje como decimal?





Power Play! Math

ANSWER KEY



Solve the math problems below. Use Cups of Colorful Fruits and Vegetables, Worksheet 3B for help.
If you use an equation to solve the problem, write it down.

1 1 cupped handful of baby carrots = $\frac{1}{2}$ cup(s)

2 2 whole peaches = 2 cup(s)

3 Justin has 1 cup of chopped cantaloupe. He is 11 years old and active for more than 60 minutes every day. How many more cups of fruit does Justin need to eat today?
2 cups (recommendation) – 1 cup = 1 cup of fruit left

4 It takes Ana 15 minutes to ride her bike from home to the park entrance and 10 more minutes to ride her bike around the park back to the entrance. If Ana rides to the park, through the park, and then back home, how many minutes of physical activity did she get?
15 minutes + 10 minutes + 15 minutes = 40 minutes

5 Jessica gets 2 cups of strawberries at a picnic. She gives $\frac{1}{4}$ cup to Rebecca and $\frac{1}{2}$ cup to Abby. How many cups of fruit does Jessica have left?
2 cups – $\frac{3}{4}$ cup = $1\frac{1}{4}$ cup left

6 Latisha makes a smoothie with 2 cups of strawberries, 1 cup of pear slices, $\frac{1}{4}$ cup of plain yogurt, and $\frac{1}{2}$ cup of milk. How many cups of fruit does Latisha have in her smoothie?
2 cups of strawberries + 1 cup of pear slices = 3 cups
If Latisha splits her smoothie in half with her friend, how many cups of fruit does Latisha have left?
3 cups \div 2 = 1.5 cups

7 It takes Carlos 20 minutes to walk to school. At the end of the day, he walks back home. How many minutes of physical activity does Carlos get on these walks each school day?
20 minutes walking to school + 20 minutes walking home from school = 40 minutes
Carlos needs to get at least 60 minutes of physical activity every day. Use a fraction to show how many of the total minutes of physical activity he needs every day come from his walks. Use the simplest fraction possible.
40 minutes/60 minutes = $40/60 = 4/6 = 2/3$

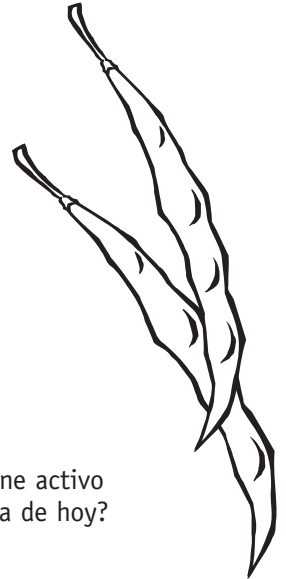
8 Kristin is 9 years old and is active for less than 30 minutes every day. She eats $\frac{1}{2}$ cup of baby carrots with her lunch. Later, she eats $\frac{1}{2}$ cup of green beans with dinner. How many cups of vegetables has she eaten?
 $\frac{1}{2}$ cup + $\frac{1}{2}$ cup = 1 cup
What percentage of Kristin's daily fruit and vegetable requirement does this equal?
1 cup out of 3 cups = $\frac{1}{3}$ or 33.3%
How do you write this percentage as a decimal?
33.3% = .333



¡Jugando con Ganas a las Matemáticas!

GUÍA DE RESPUESTAS

Resuelve los siguientes problemas matemáticos. Para ayudarte, utiliza las Hojas de Trabajo ¿Cuánto Necesito? y Tazas de Frutas y Vegetales de Colores. Si haces alguna cuenta para resolver el problema, escríbela abajo del problema.



1

1 mano llena de zanahorias miniatura = $\frac{1}{2}$ taza(s)

2

2 duraznos enteros = **2** tazas(s)

3

Agustín tiene una taza de pedacitos de melón. Agustín tiene 11 años de edad y se mantiene activo por más de 60 minutos al día. ¿Cuántas tazas más de frutas tiene que comer Agustín el día de hoy?

2 tazas (recomendadas) – 1 taza = 1 taza de fruta tiene que comer

4

Ana tarda 15 minutos llegar de su casa a la entrada del parque manejando su bicicleta, y tarda 10 minutos más en darle la vuelta al parque y llegar de nuevo a la entrada. Si Ana maneja su bicicleta de su casa al parque, le da la vuelta al parque y regresa a su casa, ¿cuántos minutos de actividad física hizo Ana?

15 minutos + 10 minutos + 15 minutos = 40 minutos

5

Jessica lleva 2 tazas de fresas a un día de campo. Jessica le da $\frac{1}{4}$ taza de fresas a Rebeca y $\frac{1}{2}$ taza a Abby. ¿Cuántas tazas de fruta le quedaron a Jessica?

2 tazas – $\frac{3}{4}$ taza = $1\frac{1}{4}$ tazas le quedaron

6

Leticia hace un licuado con 2 tazas de fresas, 1 taza de peras en rebanadas, $\frac{1}{4}$ taza de yogur natural y $\frac{1}{2}$ taza de leche. ¿Cuántas tazas de fruta tiene Leticia en su licuado?

2 tazas de fresas + 1 taza de peras en rebanadas = 3 tazas

Si Leticia comparte la mitad de su licuado con su amiga, ¿cuántas porciones de fruta le quedan a Leticia?

6 porciones ÷ 2 = 3 porciones

7

Carlos tarda 20 minutos en caminar a la escuela. Por la tarde, Carlos camina de regreso a casa. ¿Cuántos minutos de actividad física hizo Carlos durante esas caminatas cada día de clases?

20 minutos en caminar a la escuela + 20 minutos en caminar a la casa de la escuela = 40 minutos

Carlos necesita tener por lo menos 60 minutos de actividad física cada día. Usa una fracción para mostrar cuantos minutos de ese total de actividad física hace Carlos como resultado de sus caminatas. Simplifica la fracción al más bajo denominador.

40 minutos/60 minutos = $\frac{40}{60}$ = $\frac{4}{6}$ = $\frac{2}{3}$

8

Cristina tiene 9 años de edad y se mantiene activa por menos de 30 minutos diarios. Ella come $\frac{1}{2}$ taza de zanahorias miniatura a la hora del lonche. Después Cristina se come $\frac{1}{2}$ taza de ejotes en la cena. ¿Cuántas tazas de vegetales se ha comido Cristina?

$\frac{1}{2}$ taza + $\frac{1}{2}$ taza = 1 taza

¿A que porcentaje de los requerimientos diarios de frutas y vegetales equivale?

1 taza de 3 taza = $\frac{1}{3}$ o 33.3%

¿Cómo escribes este porcentaje como decimal?

33.3% = .333

LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Identify their breakfast eating habits and television viewing habits.
- Name at least 5 ways to include fruits and vegetables to create a healthy, appealing breakfast.
- Name at least 5 enjoyable ways to increase their levels of physical activity.
- Communicate clearly the factors that influence their nutrition and television viewing habits.

LINKS TO CONTENT STANDARDS

- Listening and Speaking Strategies 1.0

Students deliver focused, coherent presentations that convey ideas clearly and relate to the background and interests of the audience. They evaluate the content of oral communication.

READY

Students discuss foods they currently eat for breakfast and their television viewing habits, and analyze the influences on both. Based on this information, students brainstorm ways to make breakfast healthier, as well as alternatives to watching television.

SET

- Review the Activity Notes.
- Review the Making Better Breakfast Choices worksheet (Worksheet 4A) and the Making Better Activity Choices worksheet (Worksheet 4B).

GO

1. Discuss students' breakfast habits.

- Explain to students that this activity will help them examine their current breakfast eating habits and consider more healthy options. Ask students the following questions:
 - What do you think of when you hear the word *breakfast*?
 - Do you usually eat breakfast? If so, when do you eat it?
 - Is it important to eat breakfast? Why or why not?
 - How are breakfast foods different from foods you eat during other meals?
 - What are some of your favorite breakfast foods?
 - Are your favorite breakfast foods healthy?
 - Do you ever eat fruits and vegetables as part of your breakfast? Why or why not?
 - What does it mean "to influence" someone or something?
- Tell students that to influence means *to have an effect on*. Possible influences can include: family, friends, culture, marketing, emotions, knowledge, setting, food availability, taste, ease of preparation, etc.
- Have students turn to Making Better Breakfast Choices, Worksheet 4A in their workbooks. Give students about 5 minutes to complete the influences section of the worksheet.

Making Better Choices



TIME

- Prep — 10 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks



Making Better Choices

- Ask students to share some of their answers from the worksheet.

2. Create a class healthy breakfast list.

- Explain that both fruits and vegetables can be part of a tasty, easy, and healthy breakfast.
- Brainstorm ways to include fruits and vegetables with breakfast. Try to list at least 15 ideas on the board. Which of these ideas are good for a busy school day and which are better for weekends?
- Give students a few minutes to list their personal favorite healthy breakfasts that include fruits and vegetables in the space provided on Worksheet 4A. Encourage them to include family and cultural favorites.
- After students complete their worksheets, ask them if they have any other ideas they would like to add to the list on the board.
- Have the class vote on their 5 favorite healthy breakfasts that include fruits and vegetables. Use the results to create a class healthy breakfast list.

3. Discuss students' television viewing habits.

- Explain to students that this activity will help them examine their current television viewing habits and consider more healthy options. Ask students the following questions:
 - How much television do you usually watch every day? (If students have trouble estimating, suggest they think about the programs they watch—how long they are and how many of them they watch every day—and add them up.)
 - What do you think would be a healthy amount of television to watch every day? (The American Academy of Pediatrics recommends no more than 1 to 2 hours of quality television and videos or DVDs a day.)
 - Why might doctors say that you should spend less time watching television? (Possible responses include: it keeps you from being active, there are ads for unhealthy foods, you may snack more while watching television, etc.)
- Have students turn to Making Better Activity Choices, Worksheet 4B in their workbooks. Give them 5 minutes to complete the influences section of the worksheet.
- Ask students to share some of their answers from the worksheet.

4. Create a class healthy activity options list.

- Brainstorm healthy things students could do instead of watching television. Write the ideas on the board. Try to list at least 10.
- Brainstorm things students could do to make TV watching less unhealthy. Write the ideas on the board. Try to list at least 10.
- Give students a few minutes to list their personal favorite healthy activities in the space provided on Worksheet 4B. Encourage them to include family or cultural favorites.
- After students complete their worksheets, ask them if they have any other activities they would like to add to the list on the board.
- Have the class vote on their 5 favorite healthy activity choices. Use the results to create a class healthy activities list.

GO FARTHER

- Encourage students to take home their Making Better Choices worksheets and share them with their families. Students may wish to work with other family members to create a "Family Favorites" list that can be kept on the refrigerator or in another prominent place.
- Keep the list of favorite healthy breakfast and healthy activities on display in the classroom. Each month survey the students to see if they have tried any of the healthy breakfast items or activities on the lists. Create a new favorites list every month.
- If your school offers a breakfast program, encourage your students to participate and to select healthy fruit and vegetable options.
- Share your class list of favorite breakfast options with the school food service department.
- Ask for student volunteers to demonstrate some healthy activities that could be done while watching TV or during commercial breaks. These activities also may be good for short activity breaks during the school day.
- Use physical education time to try some of the healthy activity options and encourage students to try them during recess as well.
- Encourage your students to participate in the TV-Turnoff Network's TV-Turnoff week, an event that occurs during the last full week in April each year. For more information, visit www.tvturnoff.org.



Activity Notes: Making Better Choices

Here are some ideas for your class healthy breakfast list:

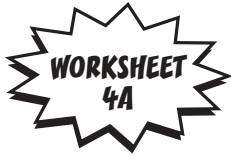
- Fruit kabobs with pineapple, bananas, grapes, and berries
- Lowfat granola or another healthy cereal topped with fruit (e.g., strawberries, banana, blueberries, or raspberries)
- Toasted whole grain bread or bagel topped with fruit spread
- Graham crackers dipped in applesauce
- Apple slices with peanut butter
- Applesauce or other fruit cups (packed in fruit juice, not syrup)
- Lowfat yogurt topped with fresh fruit and lowfat granola
- Waffles or pancakes topped with fresh fruit
- Bowl of fresh fruit (e.g., cantaloupe, grapes, strawberries, honeydew, and watermelon)
- Oatmeal with apples, bananas, raisins, or any other fruit
- An omelet with vegetables (e.g., peppers, mushrooms, tomatoes, onions, spinach, and broccoli)
- Fruit smoothie made with bananas, strawberries, or another favorite fruit
- Add a glass of 100% fruit juice (e.g., apple, orange, or grape) to breakfast
- For more ideas and breakfast recipes, visit www.ca5aday.com or www.5aday.com

Here are some ideas for your class healthy activities list:

- Go for a walk, bike ride, or skate
- Go to the park to play on the equipment, use the courts, or play games on the grass
- Walk a pet
- Join an activity club like the YMCA, 4H, Scouts, or Boys & Girls Club
- Take lessons in a physical activity you are interested in
- Join a team through the local parks and recreation department
- Dance to your favorite songs
- Do some household chores (e.g., vacuuming, raking leaves, mowing the lawn, cleaning your room)
- Go outside with a friend and play tag, toss a Frisbee, or play something else that's active
- Step on and off a stool 50 times
- Fly a kite or play hopscotch
- Dribble a ball
- For more ideas, visit www.Take10.net

Here are some ideas for making TV watching healthier:

- Do a stretch routine while you watch TV
- Exercise during commercial breaks – try push-ups, stomach crunches, and lunges
- Avoid snacking while you watch TV
- Make a healthy snack of chopped veggies and lowfat dip
- Snack on fresh fruit
- Drink water instead of higher-calorie drinks
- Don't watch TV for long periods of time — after your favorite show is over, turn off the TV and get active!
- March in place or do jumping jacks while you watch
- Help clean up the room while you watch TV
- If you have space, jump rope during commercial breaks (if there isn't space in the house, go outside during the commercials)



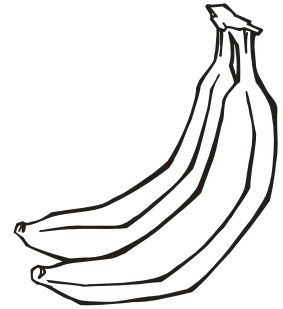
Making Better Breakfast Choices

Influences

Complete each of the sentences below. Then explain your answer in more detail.

Example: One thing that makes it easier for me to eat a healthy breakfast is having fresh fruit at home. My mom always buys fresh fruit, washes it, and keeps it in a bowl on the counter.

One thing that makes it easier for me to eat a healthy breakfast is:



One thing that makes it harder for me to eat a healthy breakfast is:

How can you change one of things that makes it harder for you to eat a healthy breakfast?

Top 5 Favorite Fruit and Vegetable Breakfast Ideas

List your personal favorite fruit and vegetable breakfast ideas below.

1 _____

2 _____

3 _____

4 _____

5 _____



Making Better Activity Choices

Influences

Complete each of the sentences below. Then explain your answer in more detail.

Example: One thing that makes it easier for me to watch less TV is having a place to play basketball. I live near a park, and I can ride my bike there after school or on the weekend to shoot hoops with my friends.

One thing that makes it easier for me to watch less TV is:



One thing that makes it harder for me to watch less TV is:

How can you change one of the things that makes it harder for you to watch less TV?

Top 5 Favorite Healthy Activity Ideas

List your personal favorite healthy physical activities below.

1

2

3

4

5



Cómo Hacer Mejores Selecciones para el Desayuno

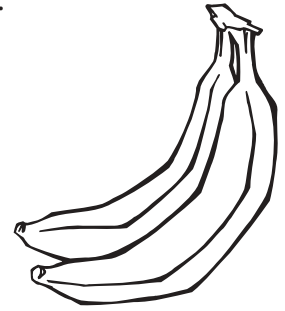
Influencias

Completa cada una de las siguientes frases. Luego explica tu respuesta con más detalle.

Ejemplo: Tener fruta fresca en casa me facilita el comer un desayuno saludable.

Mi mamá siempre compra fruta fresca, la lava y la mantiene en un tazón sobre la mesa.

Algo que me facilita el comer un desayuno saludable es:



Algo que me hace más difícil el comer un desayuno saludable es:

¿Cómo puedes cambiar una de las cosas que te hace más difícil el comer un desayuno saludable?

Las 5 Ideas Sobre de Desayunos Favoritos con Frutas y Vegetales

Escribe abajo tus ideas sobre tus desayunos favoritos con frutas y vegetales.

1

2

3

4

5



Cómo Seleccionar Mejores Actividades Físicas

Influencias

Completa cada una de las siguientes frases. Luego explica tu respuesta con más detalle.

Ejemplo: Algo que hace más fácil ver menos televisión es tener un lugar en donde jugar básquetbol. Yo vivo cerca de un parque y puedo ir ahí en mi bicicleta después de la escuela o los fines de semana para jugar un poco de básquet con mis amigos.

Una cosa que me facilita ver menos televisión es:



Una cosa que me dificulta más ver menos televisión es:

¿Cómo puedes cambiar una de las cosas que te dificulta más ver menos televisión?

Las 5 Ideas sobre Actividades Físicas Saludables Favoritas

Escribe abajo tus actividades físicas saludables favoritas.

1

2

3

4

5

LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Name at least 3 benefits of eating $3\frac{1}{2}$ to 5 cups of fruits and vegetables every day and 3 benefits of being physically active for at least 60 minutes every day.
- Identify their current fruit and vegetable intake and level of physical activity.
- Set goals for improving fruit and vegetable intake and level of physical activity, and assess progress toward goals.
- Write a short composition about their findings.

LINKS TO CONTENT STANDARDS

- Reading Comprehension 2.0
Students read and understand grade-level appropriate materials. They describe and connect the essential ideas, arguments, and perspectives of the text by using their knowledge of text structure, organization, and purpose.
- Writing Strategies 1.0
Students write clear, coherent, and focused essays. The writing exhibits the students' awareness of the audience and purpose. Essays contain formal introductions, supporting evidence, and conclusions. Students progress through the stages of the writing process as needed.

READY

Students record how many cups of fruits and vegetables they eat and how many minutes they are physically active for two days. Then they analyze their journals and set personal goals to eat more fruits and vegetables and/or increase their physical activity as needed. Students then record their fruit and vegetable intake and minutes of physical activity for two more days and write a short composition about their goal-setting experience.

SET

- Review the following:
 - How Much Do I Need?, Worksheet 3A;
 - Cups of Colorful Fruits and Vegetables, Worksheet 3B;
 - Get the Power!, Worksheet 5A;
 - Fruit & Vegetable and Power Play! Challenge: Journal 1, Worksheet 5B; and
 - Fruit & Vegetable and Power Play! Challenge: Journal 2, Worksheet 5C

Fruit & Vegetable and Power Play! Challenge



TIME

- Prep — 15 minutes
- Activity —
 - Day 1: Go, Steps 1 and 2 (50 minutes)
 - Days 2-3: Go, Step 3 (10 minutes a day in class and at home)
 - Day 4: Go, Steps 4 and 5 (50 minutes)
 - Days 5-6: Go, Step 6 (10 minutes a day in class and at home)
 - Day 7: Go, Step 7 (50 minutes)

MATERIALS NEEDED

- Student workbooks



ACTIVITY 5

Fruit & Vegetable and Power Play! Challenge

60

1. Discuss Get the Power!, Worksheet 5A (Day 1).

- Ask the students the following questions and do not correct their responses.
 - Why is it important to eat $3\frac{1}{2}$ to 5 cups of fruits and vegetables every day? How does it help your health?
 - Why is it important to get at least 60 minutes of physical activity every day? How does it help your health?
- Have students turn to Get the Power!, Worksheet 5A in their workbooks. Review the information together about the health benefits of eating fruits and vegetables and being physically active.

2. Explain the journal process (Day 1).

- Review How Much Do I Need?, Worksheet 3A, so that each student knows how many cups of fruits and vegetables he/she needs every day for good health.
- Review Cups of Colorful Fruits and Vegetables, Worksheet 3B, so that students know common measures of fruits and vegetables.
- Review examples of moderate and vigorous physical activity:
 - Moderate physical activities get you up and moving and make your heart beat faster (e.g., walking, biking, taking the stairs, raking leaves, walking the dog).
 - Vigorous physical activities make you breathe hard and sweat (e.g., running, jogging, dancing, jumping rope, playing soccer, playing basketball).
- Have students turn to Fruit & Vegetable and Power Play! Challenge: Journal 1, Worksheet 5B in their workbooks. Review the directions at the top of the worksheet.

3. Students record in their journals (Days 2 and 3).

- Give students class time each day to record what they have eaten and what physical activity they have done. Allow about 5 minutes each morning for students to record what they ate before school and 5 minutes each afternoon to record what they ate for lunch and snacks while at school. The fruits and vegetables children eat and the physical activity they get in the afternoon and evening should be recorded at home.
- Have students start the journal the day after you introduce the activity.
- Ask students to bring their journals to class on the third day.

4. Students analyze their journals (Day 4).

- Bring students' attention back to the journals they completed earlier. Using the information they learned from the Get the Power! worksheet, have students analyze their journals. Ask students:
 - Did you eat the recommended cups of fruit on either day?
 - Did you eat the recommended cups of vegetables on either day?
 - If you did not meet the fruit and vegetable goal, what benefits are you missing?
 - Did you get at least 60 minutes of physical activity on either day? If you did not, what benefits are you missing?
 - What did you eat more often, fruits or vegetables?
 - Which fruits and vegetables did you eat most often?
 - What types of activities did you do?
 - What are some reasons you might want to eat more fruits and vegetables?
 - What are some reasons you might want to get more physical activity?

Fruit & Vegetable and Power Play! Challenge



5. Students set personal goals (Day 4).

- Explain that students will set personal goals to meet the fruit and vegetable and physical activity requirements they are not meeting now. Discuss the following:
 - A goal is something that you want to accomplish.
 - A goal should be as specific as possible. For example, instead of writing, "I will get more exercise," students should write, "I will ride my bike to school every day instead of getting a ride." Instead of writing, "I will eat more fruit," students should write, "I will add sliced fruit to my breakfast cereal every morning."
- Have students turn to Fruit & Vegetable and Power Play! Challenge: Journal 2, Worksheet 5B in their workbooks. Review the directions.
- Allow students 5-10 minutes to write in their personal goals on the worksheet.
- Ask students to share their goals with the class.

6. Students record in their journals (Days 5 and 6).

- Repeat the journal process as described in Step 3.

7. Students review progress toward goals (Day 6).

- Have students review and analyze their journals in light of their personal goals. Then have students write a short composition that answers the following questions:
 - What were my goals?
 - Did I reach my goals?
 - If my goals were not achieved, why not? What challenges did I face?
 - If my goals were achieved, how were they achieved? What helped me?
 - If my goals were achieved, what benefits did I gain?
 - Am I going to continue with the goals I set?
 - Will I add new goals? If so, what?

GO FARTHER

- Make extra copies of the journal worksheets for students to use later in the year.
- Create classroom charts where students can record their fruit and vegetable consumption and physical activity. You can use the charts to show whether the class is increasing its fruit and vegetable consumption and physical activity levels over time.
- Encourage students to take their journals and their compositions home to share with their family members.



Get the Power!

Do you want to grow and stay healthy? Do you want more energy to do well in school and sports?

Eat Fruits and Vegetables Every Day!

You should eat 3½ to 5 cups of colorful fruits and vegetables every day. Fruits and vegetables are high in fiber and low in fat and sugar. They also have important vitamins.

Why do I need fiber?

Eating foods that are high in fiber protects you from diseases. It also helps you feel full so you don't eat too much. You get fiber from plant foods like fruits, vegetables, beans, whole grain breads, and cereals.

Why should I limit fat and sugar?

Eating too many foods that are high in fat can give you serious health problems when you are older. Fruits and vegetables have very little fat. Toppings like butter, salad dressing, and cheese can be high in fat. If you use toppings or dips with your fruits and vegetables, try to use just a little and make them low in fat.

If you eat foods with a lot of sugar, you will probably eat fewer healthy foods. Fruits and vegetables have small amounts of natural sugar in them. Try to eat fruit without a lot of sugar added to it. For example, drink 100% fruit juice without added sugar.

Why are vitamins important?

Vitamin A

Vitamin A helps you grow and helps your eyesight and skin. It also helps keep you from getting sick. Fruits and vegetables have a lot of vitamin A. Look for fruits and vegetables that are dark yellow, orange, or dark green and leafy.

Try these for vitamin A

apricot, cantaloupe, carrot, collard greens, chili pepper, leaf lettuce, mango, spinach, sweet potato, tomato, and watermelon.

Vitamin C

Vitamin C helps your body stay strong. It prevents infections and heals cuts. It is also good for healthy bones, teeth, skin, and blood vessels. Most of the vitamin C we get comes from fruits and vegetables.

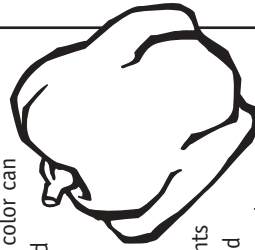
Try these for vitamin C

bell pepper, broccoli, brussels sprouts, cabbage, cantaloupe, cauliflower, grapes, honeydew melon, jicama, kiwifruit, okra, orange, papaya, plum, strawberry, summer squash, tangerine, tomato, and watermelon.

Why should I eat a rainbow of colors?

The same things that give a plant its color can also help keep you healthy. Fruits and vegetables have many colorful phytonutrients. Phyto means plant in Greek. Nutrients are the things in food that help you live and grow.

There are many different phytonutrients in fruits and vegetables. Try fruits and vegetables from all the color groups—red, green, yellow/orange, blue/purple, and white.



Get 60 Minutes of Power Play Every Day!

You should get at least 60 minutes of physical activity every day. You can add up the different things you do during the day. Try to be active for at least 10 minutes at a time. Remember to get moderate and vigorous physical activity every day. Being physically active has many benefits!

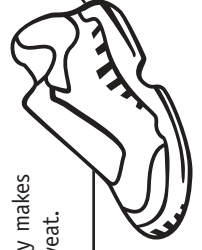
Physical activity can:

- Help keep you from getting sick
- Help you pay attention in school
- Make learning easier
- Make you feel better about yourself
- Build healthy bones and muscles to keep you strong
- Help you with balance and coordination
- Give you more energy
- Help you keep a healthy weight
- Help you relax
- Help you meet new friends
- Give you something fun to do with friends and family

What is physical activity?

Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. You can also call this power play.

- Moderate physical activity gets you up and moving and makes your heart beat faster.
- Vigorous physical activity makes you breathe hard and sweat.

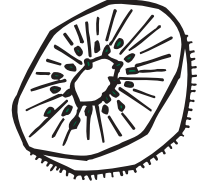


Name _____ Date _____



Fruit & Vegetable and Power Play! Challenge: Journal 1

For 2 days, write down the fruits and vegetables you eat. Then write down what kind of physical activity you do. Use the first chart to track how many cups of fruits and vegetables you eat. Use the second chart to track how many minutes of physical activity you get.



FRUIT AND VEGETABLE JOURNAL

Fruits and vegetables I ate:

Day 1: _____

Day 2: _____

	Cups at Breakfast	Cups at Lunch	Cups at Dinner	Cups at Snacks	TOTAL CUPS
Day 1	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____
Day 2	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____

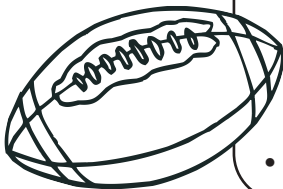
PHYSICAL ACTIVITY JOURNAL

Physical activity I did:

Day 1: _____

Day 2: _____

	Minutes Before School	Minutes During School	Minutes After School	TOTAL MINUTES
Day 1				
Day 2				



What is physical activity?

Physical activity is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. You can also call this power play.

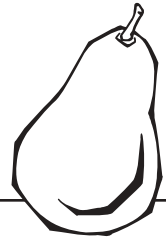
- Moderate physical activity gets you up and moving and makes your heart beat faster.
- Vigorous physical activity makes you breathe hard and sweat.

Name _____ Date _____



Fruit & Vegetable and Power Play! Challenge: Journal 2

For 2 days, write down the fruits and vegetables you eat. Then write down what kind of physical activity you do. Use the first chart to track how many cups of fruits and vegetables you eat. Use the second chart to track how many minutes of physical activity you get.



My fruit and vegetable goal is:

FRUIT AND VEGETABLE JOURNAL

Fruits and vegetables I ate:

Day 1: _____

Day 2: _____

	Cups at Breakfast	Cups at Lunch	Cups at Dinner	Cups at Snacks	TOTAL CUPS
Day 1	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____
Day 2	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____	Fruits: _____ Vegetables: _____

My physical activity goal is:

PHYSICAL ACTIVITY JOURNAL

Physical activity I did:

Day 1: _____

Day 2: _____

	Minutes Before School	Minutes During School	Minutes After School	TOTAL MINUTES
Day 1				
Day 2				



¡Gana el Poder!

¿Quieres crecer y mantenerte sano? ¿Quieres tener más energía para tener un buen desempeño en la escuela y en los deportes?

¡Come Frutas y Vegetales Todos los Días!

Tú debes comer de 3½ a 5 tazas de frutas y vegetales cada día. Las frutas y los vegetales contienen mucha fibra y son bajos en grasa y azúcar. También tienen vitaminas importantes.

¿Por qué necesito fibra?

El comer alimentos que son altos en fibra te protege de las enfermedades. También te ayuda a sentirte satisfecho para que no comas demasiado. Tú puedes recibir fibra de plantas comestibles como las frutas, los vegetales, frijoles, panes integrales, y cereales.

¿Por qué debo limitar la grasa y el azúcar?

El comer muchos alimentos que son altos en grasa te puede ocasionar problemas serios de salud cuando seas mayor. Las frutas y los vegetales tienen muy poca grasa. Las cubiertas como la mantequilla, los aderezos para ensaladas, y el queso pueden ser altos en grasa. Si utilizas cubiertas o salsas con tus frutas y vegetales, trata de usar poco y que sean bajos en grasa.

Si comes alimentos con mucha azúcar refinada, probablemente comes menos alimentos saludables. Las frutas y los vegetales tienen pequeñas cantidades de azúcar natural en ellas. Trata de comer fruta que no tengan azúcar agregada. Por ejemplo, toma jugo que sea 100% de fruta sin azúcar adicional.

¿Por qué son importantes las vitaminas?

Vitamina A

La vitamina A te ayuda a crecer y ayuda a tu vista y a tu piel. También evita que te enfermes. Las frutas y vegetales tienen mucha vitamina A. Busca las frutas y vegetales que son amarillo oscuro, anaranjados, o verde oscuro y con hojas.

Para recibir vitamina A, come:

albaracoque, camotes, chabacanos, chiles, espinacas, hojas de lechuga, hojas verdes de berza, mangos, melón, tomate, sandía, y zanahoria.

Vitamina C

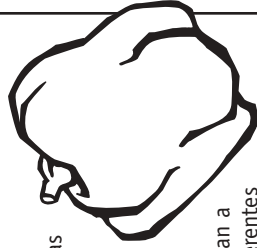
La vitamina C ayuda a tu cuerpo a mantenerse fuerte. Previene infecciones, y sana las heridas. También es buena para mantener saludables los huesos, dientes, la piel, y los vasos sanguíneos. La mayoría de la vitamina C que obtenemos proviene de las frutas y los vegetales.

Para recibir vitamina C, come:

brócoli, calabacitas, ciruela, coles de Bruselas, coliflor, fresa, jícama, kiwi, mandarina, melón, melón blanco, naranja, papaya, pimentón, quimbombó, repollo, tomate, uvas, y sandía.

¿Por qué debo comer un arco iris de colores?

Las mismas cosas que dan color a las plantas también ayudan a que te mantengas saludable. Las frutas y los vegetales tienen muchos fitonutrientes. Fito significa planta. Los nutrientes son las cosas que contiene la comida que te ayudan a vivir y a crecer. Existen muchos diferentes fitonutrientes en las frutas y en los vegetales. Trata de comer frutas y vegetales de todos los grupos de colores—rojo, verde, amarillo/anaranjado, azul/morado y blanco.



¡Juega con Ganas 60 Minutos Cada Día!

Tú debes hacer por lo menos 60 todas minutos de actividad física cada día. Tú puedes sumar todas las diferentes actividades físicas que haces durante el día. Trata de estar activo por lo menos 10 minutos a la vez. Recuerda tener actividad física moderada y vigorosa cada día. ¡El mantenerte activo tiene muchos beneficios!

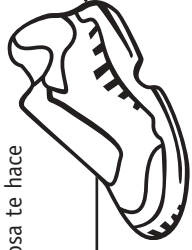
La actividad física puede:

- Ayudar a que no te enfermes
- Ayudarte a prestar atención en la escuela
- Aprender más fácilmente
- Hacerte sentir mejor de ti mismo
- Tener huesos y músculos saludables para mantenerte fuerte
- Ayudarte con el balance y la coordinación
- Darte más energía
- Ayudarte a mantener un peso saludable
- Ayudarte a relajarte
- Ayudarte a conocer nuevos amigos
- Hacer que tus amigos, familiares y tú tengan algo divertido que hacer

¿Qué es actividad física?

Actividad física es un juego, deporte, ejercicio o alguna otra acción que hace mover tu cuerpo, especialmente las que hacen latir tu corazón más rápido. A esto también le puedes llamar "jugar con ganas."

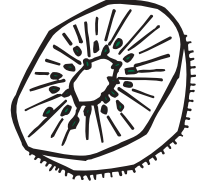
- La actividad física moderada te levanta, te mueve y hace que tu corazón lata más rápido.
- La actividad física vigorosa te hace respirar hondo y sudar.





El Reto de Frutas y Vegetales y ¡A Jugar con Ganas!, Diario 1

Escribe las frutas y vegetales que comes durante dos días. Luego escribe que tipo de actividad física haces. Usa el primer cuadro para contar cuantas tazas de frutas y vegetales te comes. Utiliza el segundo cuadro para contar cuantos minutos de actividad física haces.



DIARIO DE FRUTAS Y VEGETALES

Frutas y vegetales que comí:

Día 1: _____

Día 2: _____

	Tazas en el Desayuno	Tazas en el Almuerzo	Tazas en la Cena	Tazas por Bocadillos	TOTAL DE TAZAS
Día 1	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____
Día 2	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____

DIARIO DE ACTIVIDAD FÍSICA

Actividad física de hice:

Día 1: _____

Día 2: _____

	Minutos Antes de la Escuela	Minutos Durante la Escuela	Minutos Después de la Escuela	TOTAL DE MINUTOS
Día 1				
Día 2				

¿Qué es actividad física?

Actividad física es un juego, deporte, ejercicio, o alguna otra acción que hace mover tu cuerpo, especialmente las que hacen latir tu corazón más rápido. A esto también le puedes llamar "jugar con ganas."

- La actividad física moderada te levanta, te mueve y hace que tu corazón lata más rápido.
- La actividad física vigorosa te hace respirar hondo y sudar.

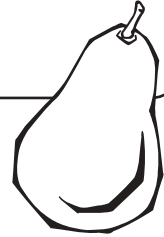




El Reto de Frutas y Vegetales y ¡A Jugar con Ganas!, Diario 2

Escribe tus metas de las frutas y vegetales y de actividades físicas abajo. Escribe las frutas y vegetales que comes durante dos días. Luego escribe qué tipo de actividad física haces. Usa el primer cuadro para contar cuántas tazas de frutas y vegetales te comes. Utiliza el segundo cuadro para contar cuántos minutos de actividad física haces.

Mi meta de frutas y vegetales es:



DIARIO DE FRUTAS Y VEGETALES

Frutas y vegetales que comí:

Día 1: _____

Día 2: _____

	Tazas en el Desayuno	Tazas en el Desayuno	Tazas en la Cena	Tazas por Bocadillos	TOTAL DE TAZAS
Día 1	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____
Día 2	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____	Frutas: _____ Vegetales: _____

Mi meta de actividad física es:

DIARIO DE ACTIVIDAD FÍSICA

Actividad física que hice:

Día 1: _____

Día 2: _____

	Minutos Antes de la Escuela	Minutos Durante la Escuela	Minutos Después de la Escuela	TOTAL DE MINUTOS
Día 1				
Día 2				

LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Identify characteristics of fruits and vegetables that they find appealing.
- Name at least one fruit or vegetable that they would like to eat again in the future.
- Use adjectives in a persuasive letter to describe the characteristics of at least 3 fruits and vegetables.

LINKS TO CONTENT STANDARDS

- Writing Strategies 1.0

Students write clear, coherent, and focused essays. The writing exhibits the students' awareness of the audience and purpose. Essays contain formal introductions, supporting evidence, and conclusions. Students progress through the stages of the writing process as needed.

READY

Students sample an array of fruits and/or vegetables, one at a time, using safe food handling techniques. After each sample is tasted, students rate the food and then use adjectives to describe the food. Lastly, students write a persuasive letter to a friend encouraging him/her to try a certain fruit or vegetable.

SET

- Review the Activity Notes.
- Review *You Be the Food Critic!*, Worksheet 6.
- Prepare fruits and vegetables for tasting by peeling and cutting into bite-sized pieces close to serving time, so that they stay fresh. Follow safe food handling techniques (see Activity Notes). You may want to work with your school food service department to prepare the samples for tasting.
- If students are tasting both fruits and vegetables, prepare one cup or plate of vegetables and one cup or plate of fruits for each student.
- Have cups and water available for students to drink while tasting.
- Be sure students have access to soap, water, and paper towels to wash their hands before eating. As an alternative, provide each student with a cleansing wipe.
- Ask your school food service director to attend the taste testing so that he/she may learn about the students' fruit and vegetable preferences.

GO

1. Introduce the activity.

- Introduce the concept of variety to students. Ask them:
 - Do you eat many different kinds of food each day?
 - Do you eat many different fruits and vegetables each day?
 - Do you like to try new fruits and vegetables? Why or why not?
 - Is it important to eat different fruits and vegetables? Why?

You Be the Food Critic!



TIME

- Prep — 20 minutes (may vary)
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks
- Taste testing supplies, such as serving containers (two 4-ounce cups or plates per student), napkins, tasting forks and/or spoons
- Cup of water for each student
- Cleaning supplies, such as sponges, detergent, etc.
- A variety of fruits and vegetables for tasting, including fresh, frozen, canned, or dried products. Obtain these from your school food service department or call your local grocer or farmers' market to request a produce donation (see Appendix for a sample donation request letter).
- Thesaurus

Caution: Whenever you are serving food to students, you should check for food allergies.



You Be the Food Critic!

- Explain to students that they will taste several different fruits and vegetables. They may get to taste some fruits or vegetables they haven't tried before.

2. Brainstorm words to describe fruits and vegetables.

- As a class, review the definition of an adjective and brainstorm adjectives that may be used to describe the fruits and vegetables they taste. (*Examples may include how they taste, look, smell, or their texture: sweet, sour, juicy, tart, crisp, crunchy, mushy, tangy, bitter, and ripe.*) Write the adjectives on the board.
- Ask students if they know what a *synonym* is. Explain that a synonym is a word that means the same thing as another word.
- Write the following examples on the board:
 - happy/joyful
 - fast/speedy
 - big/large

3. Introduce the food tasting activity.

- Have students wash their hands with soap and water and clean the areas in which they will taste the food.
- Talk with your students about the steps you took to make sure the food they are tasting is safe to eat. Explain that the fresh fruits and vegetables were washed with water, even those that are peeled, and the tops of the canned items were washed before they were opened.
- Set some ground rules for your tasting activity. Ask students not to make any negative comments or faces if they taste something they don't like. Give them permission to quietly and politely remove food from their mouths into a napkin. This encourages children to try new foods without fear.
- Have students turn in their workbooks to You Be the Food Critic!, Worksheet 6. Review the directions at the top of the worksheet with students.
- Explain that students cannot use the same adjective over and over to describe the foods, but will need to come up with synonyms.
- If you have a thesaurus available, point it out as a resource the students can use.
- Tell the students which fruits and vegetables they will taste today.
- Distribute one cup/plate of vegetables and one cup/plate of fruits to each student.

- Distribute one cup of water to each student.
- Allow 20 minutes for students to taste the items and fill out the You Be the Food Critic! worksheet.

4. Review the results.

- Lead a class discussion about the students' experiences.
 - Did you try a fruit or vegetable you had never tasted before?
 - Were you surprised by the way this item tasted?
 - Will you eat this item more often in the future? Why or why not?
 - Do you usually have fruits and vegetables that you like at home?
 - Will you ask your parents to buy any of the fruits and vegetables that we tasted today? Why or why not?
 - What did we do to make sure that the food we tasted today was safe?

5. Students write a persuasive letter.

- Ask students to write a persuasive letter to a friend, encouraging him/her to try a certain fruit or vegetable.
- Tell the students that each letter should contain a header with the date, an inside address, salutation, body, and closing.
- Remind students to use as many adjectives as they can in their work.

GO FARTHER

- Were there certain fruits or vegetables that students particularly enjoyed? Have students write a letter to the school food service director, after-school program, or a parent to ask that they serve the fruit or vegetable.
- Invite a school food service staff member, chef, or a high school culinary arts class to conduct a food preparation demonstration for your class.
- If your school has a garden, conduct a tasting with fresh fruits and vegetables from the garden.
- Ask students to write a persuasive letter to the family shopper to encourage him/her to buy the student's favorite fruit or vegetable.
- Encourage students to take their You Be the Food Critic! rating sheets home to share with their families.



Activity Notes: You Be the Food Critic!

Try to conduct the tasting using fruits and vegetables that will be new to your students. The activity will be more exciting if there are new and colorful options such as:

- Artichokes
- Avocados
- Asparagus
- Bok choy
- Cantaloupe
- Dried fruit (dried peaches or dried apricots)
- Eggplant
- Figs
- Grapefruit
- Melon (cantaloupe, honeydew)
- Jicama
- Kiwifruit
- Kumquats
- Lychee
- Mango
- Red cabbage
- Papaya
- Passion fruit
- Pears
- Persimmon
- Quince
- Radishes
- Bell peppers (red, green, and yellow)
- Rhubarb
- Rutabaga
- Squash (spaghetti, summer, and winter)
- Sugar snap peas
- Sweet potatoes
- Tamarind
- Water chestnuts
- Watermelon
- Zucchini

You have several options for the taste test:

- Taste the same fruit or vegetable prepared several different ways (e.g., a steamed/microwaved vegetable and a raw vegetable)
- Taste many different types of a fruit or vegetable (e.g., samples of green peppers, red peppers, and yellow peppers, or different varieties of apples)
- Provide different dips for fruits and vegetables (e.g., lowfat salad dressing with vegetables and lowfat yogurt with fruits)
- Taste fruits and vegetables that are all the same color (e.g., green: avocados, kiwifruit, peas, broccoli, etc.)

Be sure to check with your school food service department ahead of time to request food tasting samples.

To keep the cost down, purchase fruits and vegetables that are in season.



Safe Food Handling Techniques

General Food Safety

There are four simple keys to making sure that your food is safe from harmful bacteria:

- **Clean:** Always wash your hands, utensils, and surfaces with hot, soapy water before and after preparing food.
- **Separate:** Keep raw meat, poultry, and seafood separate from other foods when they are stored and when you are preparing them.
- **Cook:** Be sure to cook food for a long enough time and at a high enough temperature to kill harmful bacteria.
- **Chill:** Put prepared foods and leftovers into the refrigerator or freezer as soon as possible. Don't defrost foods at room temperature — thaw them in the refrigerator, under cold running water, or in the microwave.

Fruit and Vegetable Safety

- Rinse all fruits and vegetables with water, even if you don't eat the outside of the fruit or vegetable (such as bananas, cantaloupe, or oranges). If necessary, use a small vegetable brush to remove surface dirt. Before opening them, rinse the tops of the cans when using canned fruits and vegetables.
- Try to cut away damaged or bruised areas of fruits and vegetables.
- Use juices that have been pasteurized or treated to kill harmful bacteria. Pasteurized juices can be found in refrigerated sections of stores. Treated juices can be kept on the shelf in stores and are in juice boxes, bottles, and cans. Unpasteurized or untreated juice should have a warning label that says, "This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems."

Cooking Safety

- Always use clean, dry oven mitts whenever you use the oven.
- When cooking on the stove, make sure pot handles are turned away from the front of the stove so the pots are not accidentally bumped or knocked off.
- When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- Always turn the sharp edge of a knife or vegetable peeler away from you as you use it (use caution when handling a cheese grater, too). Keep your finger tips away from the sharp edge of the knife when cutting.
- Use a cutting board when you chop or slice ingredients.
- When using a blender, keep the lid on. Turn the blender off before you put any utensils inside the blender container.

For more information on food safety, visit www.foodsafety.gov.



You Be the Food Critic!

Did you like the fruits and vegetables that you tasted? Write adjectives to describe how the food tasted, looked, smelled, and felt. Do not use the same adjective more than two times. Then circle or color the picture that shows how much you liked each food.

Sample 1

Name of this food: _____

Adjectives for this food: _____



Sample 2

Name of this food: _____

Adjectives for this food: _____



Sample 3

Name of this food: _____

Adjectives for this food: _____



Sample 4

Name of this food: _____

Adjectives for this food: _____



Sample 5

Name of this food: _____

Adjectives for this food: _____



Sample 6

Name of this food: _____

Adjectives for this food: _____





¡Tú Eres el Calificador de Alimentos!

¿Te gustan las frutas y los vegetales que has probado? Escribe los adjetivos que describen cómo saben, cómo se ven, cómo huelen y cómo se sienten. No uses el mismo adjetivo más de dos veces. Luego encierro en un círculo o pinta el dibujo que describa cuánto te gustó cada alimento.

Muestra 1

Nombre de este alimento: _____

Adjetivos para este alimento: _____



Muestra 2

Nombre de este alimento: _____

Adjetivos para este alimento: _____



Muestra 3

Nombre de este alimento: _____

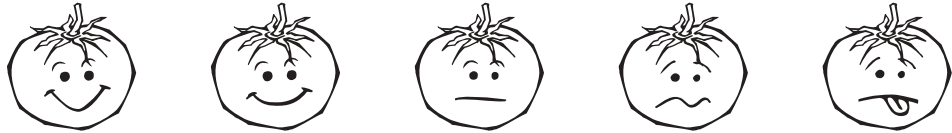
Adjetivos para este alimento: _____



Muestra 4

Nombre de este alimento: _____

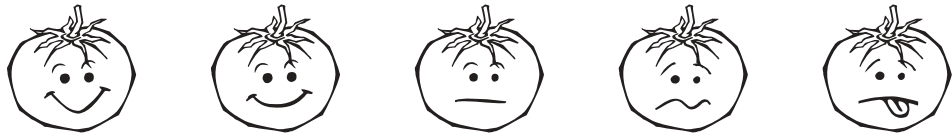
Adjectivos para este alimento: _____



Muestra 5

Nombre de este alimento: _____

Adjectivos para este alimento: _____



Muestra 6

Nombre de este alimento: _____

Adjectivos para este alimento: _____



LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Name at least 3 techniques used in advertising.
- Name at least 3 “pros” to eating 3½ to 5 cups of fruits and vegetables every day and 3 “pros” to being physically active for at least 60 minutes every day.
- Name at least 3 “cons” to eating 3½ to 5 cups of fruits and vegetables every day and 3 “cons” to being physically active for at least 60 minutes every day.
- Write a persuasive advertisement.

LINKS TO CONTENT STANDARDS

- Listening and Speaking Strategies 1.0
Students deliver focused, coherent presentations that convey ideas clearly and relate to the background and interest of the audience. They evaluate the content of oral communication.
- Reading Comprehension 2.0
Students read and understand grade-level appropriate material. They describe and connect the essential ideas, arguments, and perspectives of the text by using their knowledge of text structure, organization, and purpose.
- Writing Strategies 1.0
Students write clear, coherent, and focused essays. The writing exhibits the students’ awareness of the audience and purpose. Essays contain formal introductions, supporting evidence, and conclusions. Students progress through the stages of the writing process as needed.

READY

Students recall advertisements that they have seen or heard. They use information about advertising techniques to analyze the ads’ appeal. As a class, students brainstorm the benefits of eating fruits and vegetables and being physically active, and the barriers to doing so. Students then work in small groups to create outlines for advertisements that promote eating 3½ to 5 cups of fruits and vegetables or being physically active for at least 60 minutes every day. Students present their outlines to the class.

SET

- Review The Power of Advertising, Worksheet 7A, and Creating Power Ads, Worksheet 7B.
- Create a videotape or audiotape with advertisements from television or radio, or bring in magazines and/or newspaper ads to aid in the discussion of advertising techniques. You may also wish to ask students to bring in advertisements for discussion.

GO

1. Students recall food advertisements.

- Explain to students that this activity will help them learn more

The Power of Advertising



TIME

- Prep — 10 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks
- Advertisements from television, radio, magazines, and/or newspapers



The Power of Advertising

about how advertising affects their choices.

- Give the students a few minutes to recall food advertisements from print, radio, or television.
- Ask students to share examples of their favorite advertisements. The ads could be for any product. List at least 10 examples on the board. Use your sample ads to get started.
- Ask students, “What makes you remember these ads?”

2. Discuss advertising techniques.

- Have students turn to The Power of Advertising, Worksheet 7A in their workbooks.
- Allow students five minutes to read the material or read it as a class.
- Review the advertising examples on the board and the sample advertisements. Ask the students if these advertisements use any of the tricks listed on The Power of Advertising worksheet.

3. Discuss fruits and vegetables and physical activity.

- Tell students that they are going to create their own advertisements that persuade their friends to eat $3\frac{1}{2}$ to 5 cups of fruits and vegetables and be physically active for at least 60 minutes every day.
- Explain that in order to create persuasive ads, students need to identify the Pros and Cons of eating fruits and vegetables and being physically active.
- Draw a line down the middle of the board. On one side, write “Why it’s good to eat fruits and vegetables (Pros).” On the other side, write “Keeps people from eating fruits and vegetables (Cons).”
- Brainstorm a list for each category. Possible answers may include:
 - Pros: make you healthy, make you strong, have lots of vitamins, keep you from getting sick, etc.
 - Cons: don’t like the taste, too hard to prepare, too expensive, no one else eats them, etc.
- Do the same for physical activity—“Why it’s good to be physically active (Pros),” and “Keeps people from being physically active (Cons).” Brainstorm a list for each category. Possible answers may include:
 - Pros: keeps me from getting sick, makes me look better, makes me strong, gives me energy, helps me handle stress, etc.
 - Cons: no place to be physically active, not safe to be outside, don’t have the money, not enough time, etc.

- Discuss the lists briefly. Ask students to suggest some ways to help them eat fruits and vegetables and be physically active.

4. Students create advertisement outlines.

- Divide the class into advertising teams of 3-4 students. Each team should pick one topic to work on:
 - Promote eating $3\frac{1}{2}$ to 5 cups of fruits and vegetables every day
 - Promote getting at least 60 minutes of physical activity (power play) every day
 - Promote a particular fruit or vegetable
 - Promote a type of physical activity
- Tell students to use one or more of the advertising techniques from The Power of Advertising worksheet. Ads can be written (print), performed (television), or spoken (radio). Ads should address the Pros to fruit and vegetable consumption and being physically active. The ad may also address the Cons by turning them into Pros (e.g., Not enough time to eat healthy? What could be easier than eating an apple?)
- Have the students turn to Creating Power Ads, Worksheet 7B. Review the sheet together. Allow 15-20 minutes for groups to complete the worksheet.
- When students are done, ask them to share their outlines with the rest of the class.

GO FARTHER

- Have the students fully create their ads (written, performed, or spoken). Place print ads around the school. Find out if you can record radio ads and have them played on the school’s public address system.
- Contact your school food service director to find out which fruits and vegetables will be served in the cafeteria in the coming weeks and offer to create ads to promote them. The ads can be used on the school menu and in the cafeteria.
- Ask each student to track the food advertisements that appear in watching 1 hour of television. After several days, hold a discussion:
 - How many ads did you see?
 - How many of the ads that you saw were for healthy foods, fruits and vegetables, and/or physical activity?
 - Was one advertising technique used more than others?
 - What are your reactions to what you have learned?



The Power of Advertising

Did you know that most kids see over 10,000 food advertisements every year? Most of those advertisements are for snacks, sweets, and soft drinks. Advertisers want you to buy their products or ask your parents to buy them for you.

They have many ways to try to get kids to buy or ask for their products. You might want to try some of these when you create your advertisement.

Jingle/Slogan: a song or phrase that helps you remember a product.

Cartoon Characters: an animated character that promotes a product.

Star Power: a celebrity (like a movie star, a model, a football player) who says he or she uses the product.

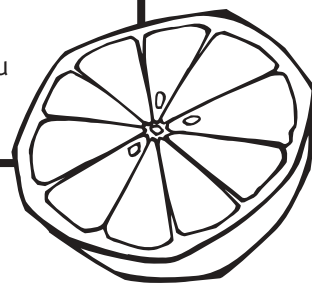
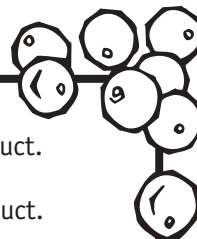
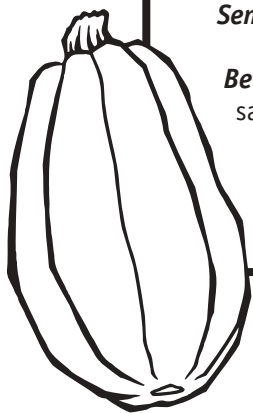
Wannabe Appeal: "wannabe" means "I want to be." The product promises to make you be the way you want, like stronger, healthier, richer, more popular, or happier.

Latest Greatest: everybody loves it and wants it. Don't be left out!

Sensory Appeal: it tastes good, looks good, smells good, or feels good.

Better Than: this product is better than other brands of the same product.

Dollar Power: you will save money or get something free if you buy this product.





El Poder de la Publicidad

¿Sabías que la mayoría de chicos y chicas ven más de 10,000 anuncios de comida cada año? La mayoría de esos comerciales son para bocadillos, dulces y refrescos. Los comerciantes quieren que compres sus productos o que pidas a tus padres que te los compren.

Ellos tienen muchas maneras para tratar que los chicos y chicas compren o pidan sus productos. Tú podrías usar algunas de esas formas para crear tu publicidad.

Canción/Lema: una canción o una frase que ayuda a recordar un producto.

Personajes de Caricaturas: un personaje animado que promueve un producto.

El poder de una Estrella: una celebridad (como un artista de cine, una modelo, un jugador de fútbol) quien dice que él o ella usa el producto.

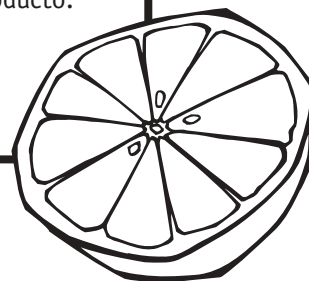
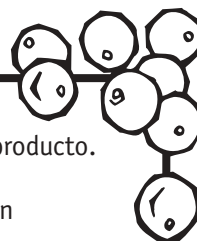
Querer Parecerse a: el producto promete hacerte como tú quieres ser, ya sea más fuerte, saludable, rico o rica, más popular o más feliz.

Lo más nuevo y grandioso: todos lo quieren y lo desean.
¡No te quedes atrás!

Apelar a tus sentidos: si sabe bien, se ve bien, huele bien, o se siente bien.

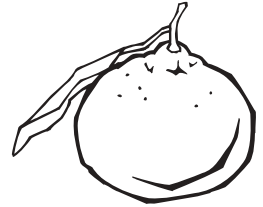
Mejor que: este producto es mejor que otras marcas del mismo producto.

Poder del Dólar: tú puedes ahorrar dinero o recibir algo gratis si compras este producto.





Creating Your Power Ads

**1**

What are you trying to sell?

_____ Eat 3½ to 5 cups of fruits and vegetables every day

_____ Get at least 60 minutes of physical activity (power play) every day

_____ A fruit: _____

_____ A vegetable: _____

_____ A type of physical activity: _____

2

Who are you selling it to (teens, parents, younger children, etc.)?

3

What are some of the good things about it?

4

What keeps people from eating it or doing it?

5

What might change their minds?

6

What will your advertisement be?

_____ Print ad (magazine, newspaper, billboard, etc.)

_____ Television ad

_____ Radio ad

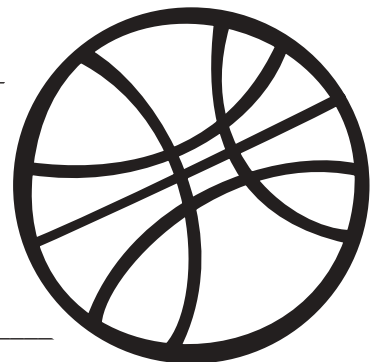
7

Which of the ideas from The Power of Advertising (Worksheet 7A) do you want to use in your advertisement?

8

Describe your advertisement in the space below.

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a black outline icon of a basketball, showing its characteristic curved segments.

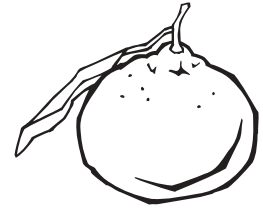


Nombre _____

Fecha _____



Crea tus Propios Anuncios



1

¿Qué estás tratando de vender?

_____ Come de 3½ a 5 tazas de frutas y vegetales cada día

_____ Haz al menos 60 minutos de actividad física (jugar con ganas) cada día

_____ Una fruta: _____

_____ Un vegetal: _____

_____ Un tipo de actividad física: _____

2

¿A quién se lo estás tratando de vender (jóvenes, padres, niños más chicos, etc.)?

3

¿Cuáles son algunas de sus cosas buenas que tiene?

4

¿Qué evita que las personas lo coman o lo hagan?

5

¿Qué podría hacerlos cambiar de opinión?

6

¿Cómo serán tus anuncios?

_____ Impresos (revista, periódico, rótulo etc.)

_____ Anuncio de televisión

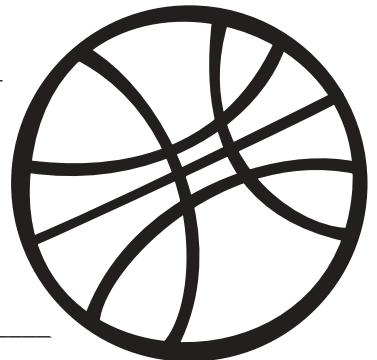
_____ Anuncio de radio

7

¿Cuáles ideas de El Poder de la Publicidad (Hoja de Trabajo 7A) quieres usar en tus anuncios?

8

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a black outline icon of a basketball, showing its characteristic curved segments.



LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Identify the key components of food Nutrition Facts labels.
- Compare and contrast nutrition facts of different foods.
- Identify the healthiest food choice among several alternatives.
- Solve math problems about nutrient values.

LINKS TO CONTENT STANDARDS

- Number Sense 1.0
Students compute with very large and very small numbers, positive integers, decimals, and fractions and understand the relationship between decimals, fractions, and percents. They understand the relative magnitudes of numbers.
- Number Sense 2.0
Students perform calculations and solve problems involving addition, subtraction, and simple multiplication and division of fractions and decimals.
- Reading Comprehension 2.0
Students read and understand grade-level appropriate materials. They describe and connect the essential ideas, arguments, and perspectives of the text by using their knowledge of text structure, organization, and purpose.
- Mathematical Reasoning 1.0
Students make decisions about how to approach problems.

READY

Students read and discuss the Nutrition Facts labels for several different products. Then students complete a math worksheet with addition, subtraction, multiplication, and division problems related to the Nutrition Facts labels.

SET

- Review What's on a Label?, Worksheet 8A and Nutrition Numbers, Worksheet 8B.

What's on a Label?

ACTIVITY
8

TIME

- Prep — 10 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks



What's on a Label?

GO

1. Introduce Nutrition Facts labels.

- Explain to students that this activity will help them read and understand nutrition information on Nutrition Facts labels. Ask students:
 - How do you know what ingredients are in a packaged food?
 - How do you know how many calories are in a packaged food?
 - If you don't know what's in a certain food, how can you make smart choices about what to eat?
- Explain that Nutrition Facts labels are one good way to know more about the foods you eat. Nutrition information on fresh produce can be found posted in the produce department of a grocery store or obtained by asking a produce person. Another source for produce nutrition information is Fruit and Vegetable of the Month at www.cdc.gov. To obtain nutrition information for other foods, visit www.nutri-facts.com.

2. Review the information on Nutrition Facts labels.

- Have students turn to What's on a Label?, Worksheet 8A in their workbooks. Review the information together.

3. Students complete math activity.

- Have students turn to Nutrition Numbers, Worksheet 8B in their workbooks. Review the directions at the top of the worksheet with students.
- Give students 20 minutes to complete the problems, using the What's on a Label? page for reference.
- When students are done, review the answers as a class.

4. Discuss the importance of Nutrition Facts labels.

- Discuss what students have learned about Nutrition Facts labels.
- Will you use these labels in the future to help you decide what to eat? Why or why not?
- The next time you have a snack, will you think about what you just learned?
- Do you think you will choose a different snack than you normally would? Why or why not?

GO FARTHER

- Ask the students to check the Nutrition Facts labels of snack foods they have at home. Compare the nutrients of 3 or 4 foods. Which is highest in calories? Lowest in calories? Highest and lowest in fat? Highest and lowest in fiber? Highest and lowest in sugar?
- Have students make a grocery list of 3 healthy snack foods they would like to ask their family to buy next time they shop.
- Assign students to conduct research about nutrient values of specific foods on the two Web sites you have previewed (www.cdc.gov and www.nutri-facts.com).
- Invite your school food service director or a dietitian to talk with your class about Nutrition Facts labels.



What's on a Label?



The Nutrition Facts label tells you about the food inside the package.

How many servings are you eating?

All information on the label is for one serving. Sometimes the serving size shown is much smaller than most people eat at one time.

Calories are a measure of how much energy you get from food. The amount of calories you need depends on your size and how active you are. The more you move, the more food energy (calories) you need.

Eating too much of these nutrients can cause health problems when you get older.

Eating enough of these nutrients can help you stay healthy.

Broccoli, raw

Nutrition Facts

Serving Size ½ cup (82g)
Servings Per Container 1

Amount per serving

Calories 25 **Calories from fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrates 4g 1%

Dietary Fiber 2g 8%

Sugars 1g

Protein 2g

Vitamin A 20% • Vitamin C 50%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How do you know if a food is HIGH or LOW in a certain nutrient?

LOW is when a nutrient for one serving has 5% Daily Value or less.

HIGH is when a nutrient for one serving has 20% Daily Value or more.

% Daily Value tells you if there is a lot or a little of a nutrient in a serving of food. It shows how much of the nutrient you will get from eating one serving of this food compared with how much you should get in one day.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



Adapted from "The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, A Leader's Guide," a publication of the U.S. Department of Agriculture Food & Nutrition Service and the U.S. Department of Health and Human Services Food & Drug Administration. For more information, visit the USDA's Team Nutrition Web site at www.fns.usda.gov/tn under the Educators icon.

Sample Nutrition Facts Labels

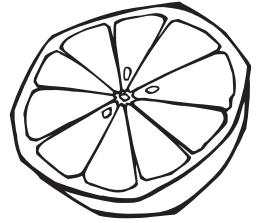
Orange	
Nutrition Facts	
Serving Size 1 medium orange (131g)	
Servings Per Container 1	
Amount per serving	
Calories 60	Calories from fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
Protein 1g	
Vitamin A 6%	Vitamin C 120%
Calcium 6%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Potato Chips ("Big Grab" bag)	
Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container 3	
Amount per serving	
Calories 150	Calories from fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrates 15g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Fruit Roll-Ups	
Nutrition Facts	
Serving Size 1 roll (14g)	
Servings Per Container 10	
Amount per serving	
Calories 50	Calories from fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0g	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



Nutrition Numbers

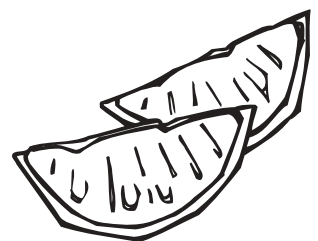


Complete the math problems below. Use the What's on a Label? worksheet for the information you need. If you use an equation to answer the question, write it down.

- 1** Which of the 3 snack items (orange, fruit roll-up, or potato chips) has the most calories in each serving?
- 2** Which of the 3 snack items has the least amount of fat in each serving?
- 3** How many servings of each item would you have to eat to get at least 100% of the daily value of vitamin C?
Orange: _____ Fruit roll-up: _____ Potato chips: _____
- 4** If you want to eat less sodium, which food is the best choice?
- 5** If you eat one serving of potato chips and one fruit roll-up, how many grams of fiber have you had?

What percent daily value of fiber have you had?
- 6** If you ate the whole bag of potato chips, what percent daily value of fat would you have eaten?

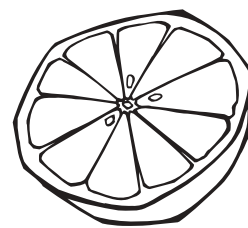
Express this percentage as a fraction of the total daily value of fat. Use the simplest fraction possible.
- 7** What fraction of the daily value of vitamin C have you had if you eat 2 servings of fruit roll-ups?
- 8** Which food is the best choice for a healthy snack? Why?





Nutrition Numbers

ANSWER KEY



Complete the math problems below. Use the What's on a Label? worksheet for the information you need. If you use an equation to answer the question, write it down.

- 1** Which of the 3 snack items (orange, fruit roll-up, or potato chips) has the most calories in each serving?
Potato chips have the most calories in each serving – 150

- 2** Which of the 3 snack items has the least amount of fat in each serving?
Oranges have the least amount of fat in each serving – 0 grams

- 3** How many servings of each item would you have to eat to get 100% of the daily value of vitamin C?
Orange: 1 serving
Fruit roll-up: 4 servings ($100 \div 25 = 4$)
Potato chips: 7 servings ($100 \div 15 = 6.66$, rounded up to 7)

- 4** If you want to eat less sodium, which food is the best choice?
Oranges have the least sodium – 0 grams

- 5** If you eat one serving of potato chips and one fruit roll-up, how many grams of fiber have you had?
1 gram + 0 grams = 1 gram

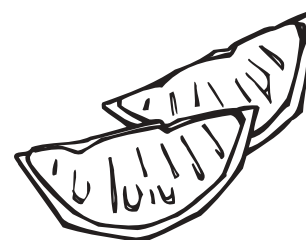
What percent daily value of fiber have you had?
 $5\% + 0\% = 5\%$ of the daily recommended value

- 6** If you ate the whole bag of potato chips, what percent daily value of fat would you have eaten?
 $15\% \times 3 = 45\%$ of the daily recommended amount of fat

Express this percentage as a fraction of the total daily value of fat. Use the simplest fraction possible.
 $45/100 = 9/20$

- 7** What fraction of the daily value of vitamin C have you had if you eat 2 servings of fruit roll-ups?
 $25\% \text{ in each serving} \times 2 \text{ servings} = 50\%$ of the daily value of vitamin C
 $50\% = 50/100 = \frac{1}{2}$

- 8** Which food is the best choice for a healthy snack? Why?
The orange is the best choice for a healthy snack.
It has the most vitamin C and fiber, but the least sodium and fat.





¿Qué hay en una Etiqueta?



La etiqueta de Información de Nutrición te dice lo que contiene la comida dentro del paquete.

¿Cuántas porciones estás comiendo?

Toda información en la etiqueta es para una porción. A veces el tamaño de la porción es mucho más pequeño de lo que regularmente se come.

Las calorías miden cuánta energía obtienes de los alimentos. La cantidad de calorías que necesitas dependen de tu tamaño y de lo activo que eres. Entre más te mueves, más energía alimenticia (calorías) necesitas.

El comer demasiados de estos nutrientes, te puede causar problemas cuando crezcas.

El comer suficientes de estos nutrientes te puede ayudar a mantenerte saludable.

Brócoli, crudo

Información Nutricional

Tamaño de Porción ½ taza (82g)

Porciones por Paquete 1

Cantidad por porción

Calorías 25 **Calorías de grasa** 0
% de Valor Diario*

Total de Grasa 0g **0%**

Grasa saturada 0g **0%**

Ácidos Grasos Trans 0g

Colesterol 0mg **0%**

Sodio 20mg **1%**

Total de Carbohidratos 4g **1%**

Fibra 2g **8%**

Azúcar 1g

Proteína 2g

Vitamina A 20% • Vitamina C 50%
Calcio 2% • Hierro 2%

*Porcentaje de Valores Diarios están basados en una dieta de 2,000 calorías. Tus valores diarios pueden ser más altos o bajos dependiendo de tus necesidades de calorías.

¿Cómo sabes si un alimento es ALTO o BAJO en algún nutriente?

BAJO es cuando el nutriente de una porción tiene un Valor Diario de 5% o menor.

ALTO es cuando el nutriente de una porción tiene un Valor Diario de 20% o mayor.

% del Valor Diario te dice si hay mucho o muy poco nutriente en una porción de alimento. Demuestra la cantidad del nutriente que recibirás al comer una porción de este alimento en comparación con la cantidad que debes recibir en un día.

Recibe MENOS
5% o menos es bajo
20% o más es alto

Recibe SUFICIENTE
5% o menos es bajo
20% o más es alto

Adaptado de "The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, A Leader's Guide," una publicación del Servicio de Alimentos y Nutrición del Departamento de Agricultura de Estados Unidos y la Administración de Alimentos y Medicamentos del Departamento de Salud y Servicios Humanos de Estados Unidos. Para más información, visita la página de Internet del Equipo de Nutrición de USDA en www.fns.usda.gov/tn bajo el icono de Educators.



Ejemplos de Información en Etiquetas Nutritivas

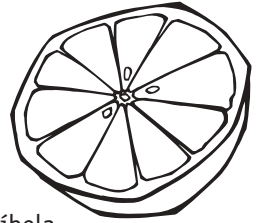
Naranja	
Información Nutricional	
Tamaño de la Porción 1 taza (131g)	
Porciones en cada envase 1	
Cantidad por porción	
Calorías 60	Calorías de grasa 0
% de Valor Diario*	
Total de Grasa 0.5g	0%
Grasa Saturada 0g	0%
Ácidos Grasos <i>Trans</i> 0g	
Colesterol 0mg	0%
Sodio 0mg	0%
Total de Carbohidratos 15g	5%
Fibra Dietética 3g	13%
Azúcar 12g	
Proteína 1g	
Vitamina A 6%	Vitamina C 120%
Calcio 6%	Hierro 0%
*Valores de Porcentaje Diario están basados en una dieta de 2,000 calorías. Tus valores diarios pueden ser más altos o bajos dependiendo de tus necesidades de calorías.	

Papitas Fritas (tamaño “Big Grab”)	
Información Nutricional	
Tamaño de la Porción 1 oz (28g)	
Porciones en cada envase 3	
Cantidad por porción	
Calorías 150	Calorías de grasa 90
% de Valor Diario*	
Total de Grasa 10g	15%
Grasa Saturada 3g	15%
Ácidos Grasos <i>Trans</i> 0g	
Colesterol 0mg	0%
Sodio 170mg	7%
Total de Carbohidratos 15g	5%
Fibra Dietética 1g	5%
Azúcar 0g	
Proteína 2g	
Vitamina A 0%	Vitamina C 15%
Calcio 0%	Hierro 2%
*Valores de Porcentaje Diario están basados en una dieta de 2,000 calorías. Tus valores diarios pueden ser más altos o bajos dependiendo de tus necesidades de calorías.	

Rollos de Fruta	
Información Nutricional	
Tamaño de la Porción 1 rollo (14g)	
Porciones en cada envase 10	
Cantidad por porción	
Calorías 50	Calorías de grasa 5
% de Valor Diario*	
Total de Grasa 1g	1%
Grasa Saturada 0g	0%
Ácidos Grasos <i>Trans</i> 0g	
Colesterol 0mg	2%
Sodio 55mg	0%
Total de Carbohidratos 12g	4%
Fibra Dietética 0g	0%
Azúcar 7g	
Proteína 0g	
Vitamina A 0%	Vitamina C 25%
Calcio 0%	Hierro 0%
*Valores de Porcentaje Diario están basados en una dieta de 2,000 calorías. Tus valores diarios pueden ser más altos o bajos dependiendo de tus necesidades de calorías.	



Cuentas de Nutrición



Contesta los siguientes problemas matemáticos. Para obtener la información que necesitas, usa la Hoja de Trabajo ¿Qué hay en una Etiqueta? Si haces una cuenta para contestar la pregunta, escríbela.

1 ¿Cuál de los 3 bocadillos (naranja, rollo de fruta, o papitas fritas) tiene más calorías por porción?

2 ¿Cuál de los 3 bocadillos tiene la menor cantidad de grasa por porción?

3 ¿Cuántas porciones de cada alimento tendrías que comer para recibir por lo menos el 100% del valor diario de vitamina C?

Naranja: _____ Rollos de Fruta: _____ Papitas Fritas: _____

4 Si quieres comer menos sodio, ¿qué alimento escogerías?

5 Si te comes una porción de papitas fritas y un rollo de fruta, ¿cuántos gramos de fibra has comido?

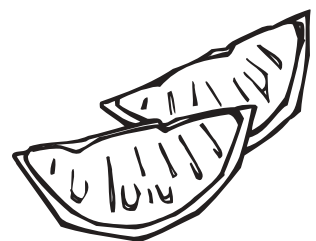
¿Qué porcentaje del valor diario de fibra has comido?

6 Si te comes toda la bolsa de papitas fritas, ¿qué porcentaje del valor diario de grasa te has comido?

Escribe en fracciones el porcentaje del total del valor diario de grasa. Simplifica la fracción hasta el más bajo denominador posible.

7 ¿Qué fracción del total del valor diario de vitamina C habrás comido si comes 2 porciones de rollos de fruta?

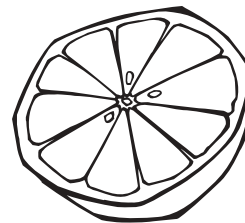
8 ¿Qué alimento es la mejor selección para un bocadillo saludable? ¿Por qué?





Cuentas de Nutrición

GUÍA DE RESPUESTAS



Contesta los siguientes problemas matemáticos. Para obtener la información que necesitas, usa la Hoja de Trabajo ¿Qué hay en una Etiqueta? Si haces una cuenta para contestar la pregunta, escríbela.

1

¿Cuál de los 3 bocadillos (naranja, rollo de fruta, o papitas fritas) tiene más calorías por porción?

Las papitas fritas tienen más calorías en cada porción – 150

2

¿Cuál de los 3 bocadillos tiene la menor cantidad de grasa por porción?

Las naranjas tienen la menor cantidad de grasa en cada porción – 0 gramos

3

¿Cuántas porciones de cada alimento tendrías que comer para recibir por lo menos el 100% del valor diario de vitamina C?

Naranja: 1 porción

Rollos de Fruta: 4 porciones ($100 \div 25 = 4$)

Papitas Fritas: 7 porciones ($100 \div 15 = 6.66$, redondeado a 7)

4

Si quieres comer menos sodio, ¿qué alimento escogerías?

Las naranjas tienen menos sodio – 0 gramos

5

Si te comes una porción de papitas fritas y un rollo de fruta, ¿cuántos gramos de fibra has comido?

1 gramo + 0 gramos = 1 gramo

¿Qué porcentaje del valor diario de fibra has comido?

5% + 0% = 5% del valor diario recomendado

6

Si te comes toda la bolsa de papitas fritas, ¿qué porcentaje del valor diario de grasa te has comido?

15% x 3 = 45% de la cantidad de grasa recomendada diariamente

Escribe en fracciones el porcentaje del total del valor diario de grasa. Simplifica la fracción hasta el más bajo denominador posible.

$45/100 = 9/20$

7

¿Qué fracción del total del valor diario de vitamina C habrás comido si comes 2 porciones de rollos de fruta?

25% en cada porción x 2 porciones = 50% del valor diario de vitamina C

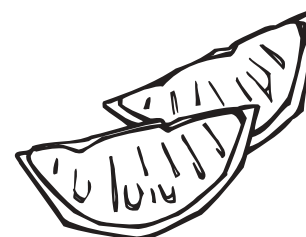
50% = $50/100 = \frac{1}{2}$

8

¿Qué alimento es la mejor selección para un bocadillo saludable? ¿Por qué?

La naranja es la mejor selección para comer un bocadillo saludable.

Es el que contiene más vitamina C y fibra, pero menos sodio y grasa.



LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Plan a healthy meal that includes fruits and vegetables.
- Identify at least 3 recipes or dishes that include fruits or vegetables as a main ingredient.
- Write an appealing meal description.

LINKS TO CONTENT STANDARDS

- Listening and Speaking Strategies 1.0
Students deliver focused, coherent presentations that convey ideas clearly and relate to the background and interests of the audience. They evaluate the content of oral communication.
- Visual Arts: Creative Expression 2.0
Students apply artistic processes and skills, using a variety of media to communicate meaning and intent in original works of art.

READY

Working in small groups, students plan a healthy meal that includes fruits and vegetables. Then they write and design a persuasive flyer with appealing descriptions of the meal.

SET

- Review Plan a Power Meal, Worksheet 9.
- Gather menus from a variety of restaurants and cookbooks or recipes that students can refer to when planning their meals and creating their flyers.

GO

1. Introduce the activity.

- Explain to students that this activity will help them plan a delicious and healthy meal, using the information they have learned about eating fruits and vegetables.
- Review student learning with a discussion of the following questions:
 - How many cups of fruits and vegetables should you eat every day?
 - What do you need to think about when planning a meal?
(Answers may include: having enough fruits and vegetables, vitamins, and fiber; limiting fat, sugar, salt, and calories, etc.)
 - Is it important to eat different fruits and vegetables? Why?
- Discuss foods that have fruits and vegetables in them, such as spaghetti with tomato sauce, pizza with toppings like onions, bell peppers, mushrooms, etc. Ask students to think of other foods they eat that have fruits and vegetables in them.

Plan a Power Meal



TIME

- Prep — 15 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks
- Menus and cookbooks or recipes
- Drawing paper
- Crayons, markers, and/or colored pencils



Plan a Power Meal

2. Students plan meals.

- Have students turn to Plan a Power Meal, Worksheet 9 in their workbooks. Review the directions at the top of the worksheet with students.
- Create groups of 4–5 students. Assign each group a type of meal to plan—breakfast, lunch, or dinner—so a variety of meals can be planned and discussed.
- Remind students that their meals should limit unhealthy items such as added fat and sugar.
- Allow groups about 10 minutes to plan their meals.

3. Discuss the meal plans.

- Have each group present its meal plan to the class.
- Lead a class discussion about the meal plans.
 - Does the meal include one or more cups of fruits or vegetables?
 - Did some items include fruits and vegetables together with other items (e.g., tomato sauce on pasta)?
 - Is the meal low in fat and sugar?
 - Would you say this meal is healthy?
 - Would you eat this meal?

4. Students design flyers.

- Give each group a piece of paper and crayons, colored markers, or pencils.
- Tell groups to write and design a flyer with appealing descriptions of their meals, like they would see on a restaurant menu.
- Share sample menus as examples.
- Guide student work with the following questions:
 - What words make you want to eat a certain food? (Remind students of the adjectives they used in Activity 6: You Be the Food Critic! *Answers may include: fresh, spicy, hot, lowfat, healthy, yummy, delicious, homemade, etc.*)
 - What other techniques can you use on your flyer to make your meal sound appealing? (Remind students of advertising techniques they learned in Activity 7: The Power of Advertising. *Answers may include: an attractive image of the meal, an attractive person or people eating the meal, an endorsement by someone, etc.*)

GO FARTHER

- Have groups present their flyers to the class.
- Compile the meal plans and/or flyers into a class booklet. Students can bring recipes from home to be included in the booklet. Use images from the menus to illustrate the booklet. Booklets with recipes can be sold as a school fundraiser.
- Have students research which fruits and vegetables are grown in or near their community and create a menu that includes them.
- Encourage students to take their meal plans and flyers home and share them with their families. Students can ask their families about special family recipes that could be added to the meal.
- Invite your school food service director to work with your class to plan a meal that will be served in the cafeteria. Your students will learn what it takes to plan a school meal and will have the pride of seeing their meal served to the school's students.

Name _____

Date _____



Plan a Power Meal



Use this worksheet to plan a meal with your group. Be sure to include healthy foods that are low in fat and sugar.



What meal are you planning?

_____ Breakfast

_____ Lunch

_____ Dinner

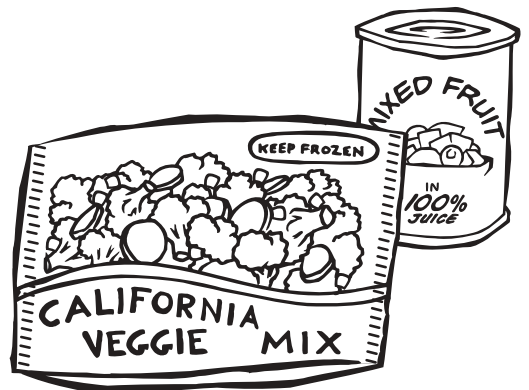


Decide which foods you will include in your meal. Write them down.

Foods to include:



List the main ingredients for each dish.
Put a star by the ones that are fruits and vegetables.

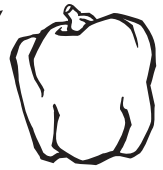


Nombre _____

Fecha _____



Planea una Comida con ¡Ganas!



Usa esta hoja de trabajo para planear una comida con tu grupo. Asegura incluir alimentos saludables bajos en grasa y en azúcar.

1

¿Qué comida estás planeando?

_____ Desayuno

_____ Almuerzo

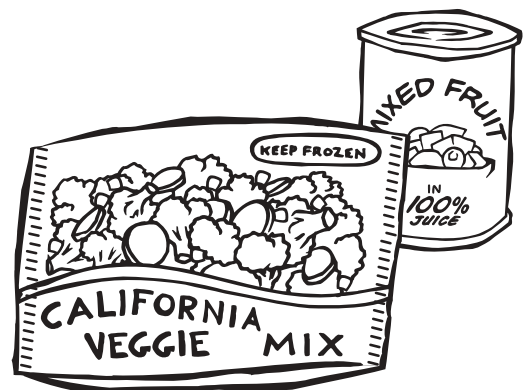
_____ Cena

2

Decide que alimentos incluirás en tu comida. Escríbelos.
Alimentos que incluirás:

3

Escribe una lista de los ingredientes principales de cada platillo.
Pon una estrella junto a todos los que son frutas y vegetales.



LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Name at least 3 barriers to eating more fruits and vegetables at school and at least 3 barriers to being more physically active at school.
- Identify strategies to reduce or eliminate barriers to eating fruits and vegetables and being physically active at school.
- Develop a specific strategy to reduce or eliminate one barrier to eating fruits and vegetables or being physically active at school.

LINKS TO CONTENT STANDARDS

- Listening and Speaking Strategies 1.0

Students deliver focused, coherent presentations that convey ideas clearly and relate to the background and interests of the audience. They evaluate the content of oral communication.

READY

As a class, students list barriers to fruit and vegetable consumption and physical activity, particularly at school. Students then brainstorm solutions and identify opportunities for healthy changes at school.

SET

- Review I Have Power!, Worksheet 10.

GO

1. Discuss barriers.

- Discuss with students the definition and concept of a “barrier” (something that prevents you from making progress, going ahead, taking action).
- Tell students that they are going to be talking about the barriers that keep people from eating more fruits and vegetables and getting more physical activity. Barriers may include cost, availability, likes and dislikes, etc.
- Ask students to give reasons they don’t always eat more fruits and vegetables when they are at school. Write their answers on the board. Use prompts such as:
 - Are fruits and vegetables available at school (cafeteria, snack bar)?
 - Do they have the kinds of fruits and vegetables that you like?
 - Do they offer a lot of choices of fruits and vegetables every day?
 - Do you like the way the fruits and vegetables taste? Could they be prepared a different way to make them taste better?
 - Are you allowed to eat snacks during the school day?

I Have Power!



TIME

- Prep — 10 minutes
- Activity — 50 minutes

MATERIALS NEEDED

- Student workbooks



I Have Power!

- Ask students why they don't always get enough physical activity when they are at school, and write their answers on the board. Use prompts such as:
 - Are you physically active during recess? Why or why not?
 - Are there things you can do here at school to be physically active before school starts or after it ends?
 - Do you have P.E. classes? What do you do during P.E.? How often do you have P.E.? How many minutes are you physically active during P.E.?
 - What other chances do you have to be physically active during the school day?
- Explain that all the reasons they have listed for not eating fruits and vegetables or being active are barriers.

2. Discuss solutions.

- As a class, brainstorm solutions or ways to overcome the barriers to eating fruits and vegetables and write these on the board next to the barriers. For example, they could ask the cafeteria to offer a variety of fresh fruits and vegetables, a salad bar, etc.; they could ask for a school policy requiring food at special events or fundraisers to be healthy.
- Do the same thing with the list for barriers to getting enough physical activity. For example, students could ask for after-school practice in various sports; organized physical activities at recess; more balls or other equipment for activity at recess and lunchtime; creation of a walking club, etc.

3. Students complete worksheet.

- Have students turn to I Have Power!, Worksheet 10 in their workbooks and review the directions together. Students can work individually or in pairs to complete the questions.
- Give students 10-12 minutes to complete the worksheet.

4. Discuss ideas for healthy changes at school.

- When the students have completed the I Have Power! worksheet, lead a discussion to share ideas for change. Write ideas on the board.
- What were some of your ideas for changes that would help you eat more fruits and vegetables at school?
 - Why do you want this change?
 - Who could help make this change?
- What were some of your ideas for changes that would provide opportunities for more physical activity? Write the ideas on the board.
 - Why do you want this change?
 - Who could help make this change?
- Ask students if there are any healthy changes that could be made in the classroom.
- Ask the students if there are any healthy classroom changes on the board that they would like to adopt as a healthy classroom policy. If so, adopt a healthy classroom policy.

GO FARTHER

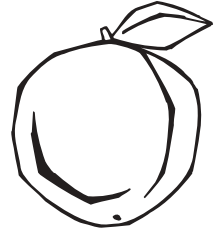
- Work with your class to help them advocate for one of the changes they have identified. Ask students to write letters to a decision-maker that has the power to make the change they are seeking.
- Invite the person to whom the letters were written to come to the class to talk with the students about their ideas.

Name _____

Date _____



I Have Power!



Write down one change at school that would make it easier for you to eat more fruits and vegetables.



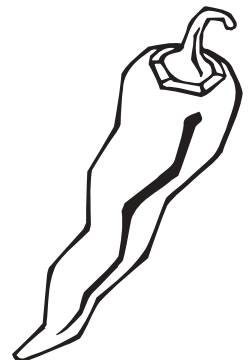
Write down one idea for how to make that change.



List two reasons you are asking for that change.



Who is in charge of making the change you want to see?
Is it the principal, the food service director, your teacher, or someone else?





Write down one change at school that would make it easier for you to get more physical activity.



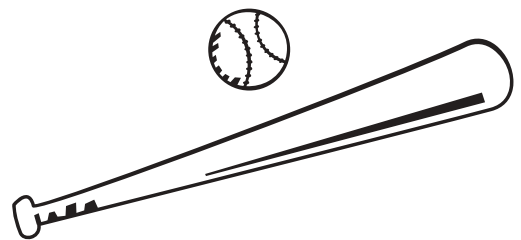
Write down one idea for how to make that change.



List two reasons you are asking for that change.



Who is in charge of making the change you want to see?
Is it the principal, your teacher, or someone else?

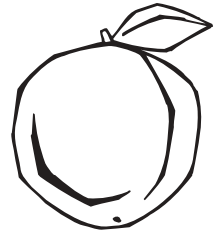


Nombre _____

Fecha _____



¡Yo Tengo El Poder!



Escribe cuál cambio en tu escuela te haría más fácil comer más frutas y vegetales.



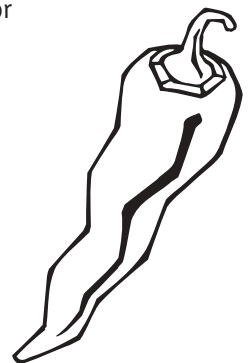
Escribe una idea de cómo podría hacerse ese cambio.



Da dos razones por las que pides ese cambio.



¿Quién está a cargo del cambio que quieres ver? ¿Es el director de la escuela, el director de servicios de alimentos, tu maestro o alguien más?



5

Escribe cuál cambio en tu escuela te haría más fácil tener más actividad física.

6

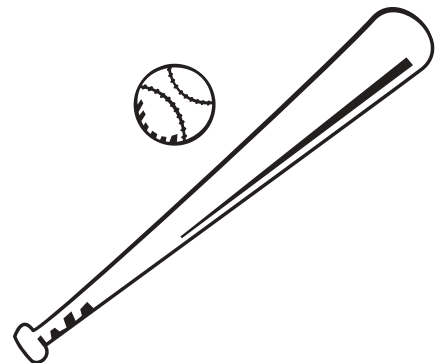
Escribe una idea de cómo podría hacerse ese cambio.

7

Da dos razones por las que pides ese cambio.

8

¿Quién está a cargo del cambio que quieres ver?
¿Es el director de la escuela, tu maestro o alguien más?


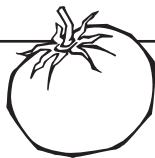


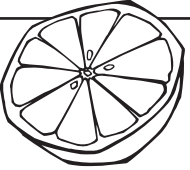




Appendix

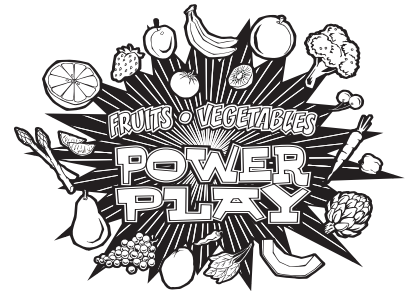


Why eat a variety of colorful fruits and vegetables every day?

Color is proof that—besides vitamins, minerals, fiber, and flavor—your meals and snacks provide powerful phytonutrients. These colorful, natural plant chemicals seem to help the body fight disease, and some help to slow the signs of aging. A plant's color gives a clue to its health benefits. Check out the chart below.

Color	Some Sources	Benefits
Blue/Purple	Purple grapes, dark raisins, plums, blueberries, purple cabbage, dried plums 	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Red	Tomatoes, tomato products (spaghetti sauce, tomato juice, etc.), watermelon, guavas 	May reduce the risk of certain types of cancer.
	Cherries, strawberries, beets, red apples, red onion 	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Dark Orange	 Mangos, sweet potatoes, cantaloupe, carrots, apricots, butternut squash	May reduce the risk of cancer and heart disease. Helps maintain good vision and strengthens the immune system.
Yellow—Orange	Oranges, grapefruit, papaya, nectarines, pears 	May reduce the risk of cancer and heart disease. May strengthen bones and teeth, help the body heal wounds, keep skin healthy, and maintain eyesight.
Yellow—Green	Spinach, collard greens, kiwifruit, romaine lettuce, green peas 	Helps maintain eyesight and may reduce the risk of vision problems common in later life.
Green	Broccoli, green cabbage, Swiss chard, bok choy 	May reduce the risk of cancer and help the body get rid of cancer-causing chemicals.
White	Onions, garlic, leeks, scallions, chives	May reduce the risk of cancer, heart disease, and infection. May help lower high cholesterol and control high blood pressure.

For more information about nutrition and physical activity, visit us at www.ca5aday.com or call 1-888-EAT-FIVE (1-888-328-3483).

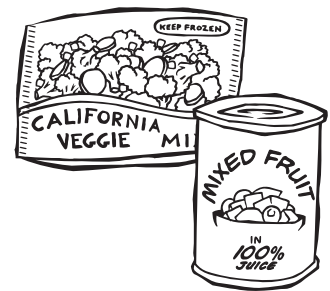


Dear Parents,

We want to help your child get the power! That's why we are working with the *California Children's 5 a Day—Power Play! Campaign*. This *Campaign* encourages children to eat $3\frac{1}{2}$ to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day.

Most children don't eat enough fruits and vegetables or get the physical activity they need every day. Eating fruits and vegetables and being active can help your child

- grow and develop;
- have more energy to learn and play;
- have higher self esteem;
- stay at a healthy weight; and
- reduce the risk of serious health problems later in life.



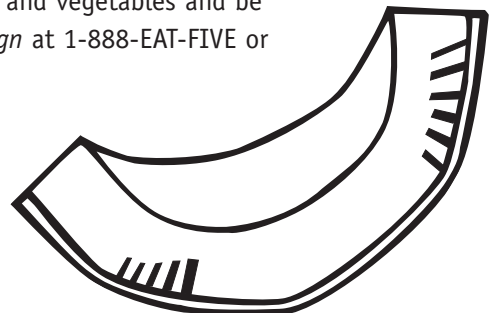
You can help your child eat more fruits and vegetables and be more active. Try these ideas:

- Include fruits and vegetables in the meals and snacks that you prepare.
- Keep fruits and vegetables at home in easy to reach places.
- Ask your child to help you prepare the fruits and vegetables you'll be eating.
- Have your child eat school meals. Find out if your child qualifies for free or reduced-price meals by contacting the school.
- Learn more about the Food Stamp Program by calling 1-800-952-5253. This program can help you buy healthy foods like fruits and vegetables.
- Be active with your child every day. Walks are a great way to be active together.
- Limit the amount of time your child spends watching television and playing video games.
- Help your child find physical activities that he/she enjoys.
- Ask your child to tell you about the *5 a Day—Power Play!* activities that he/she is doing.
- Be a good role model. Let your child see you enjoying fruits and vegetables and physical activity.
- With your child, go to the www.mypyramid.gov Web site to learn more about eating a healthy diet and being physically active.

Would you like more information about how to eat more fruits and vegetables and be physically active every day? Call the *California 5 a Day Campaign* at 1-888-EAT-FIVE or visit the Web site at www.ca5aday.com.

Thank you for helping your child get the power!

Sincerely,



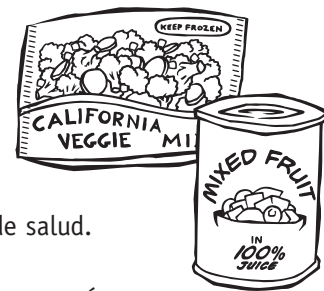


Estimados Padres de Familia,

¡Nosotros queremos ayudar a que su hijo(a) tenga el poder! Es por eso que estamos trabajando con *La Campaña para Niños 5 al Día de California*. Esta *Campaña* estimula a los niños a que coman de 3½ a 5 tazas de frutas y vegetales y que hagan por lo menos 60 minutos de actividad física al día.

La mayor parte de los niños no comen suficientes frutas y vegetales ni hacen la cantidad de ejercicio diario que necesitan. Comer frutas y vegetales y mantenerse activo puede ayudar a su hijo(a) a:

- crecer y desarrollarse;
- tener más energía para aprender y jugar;
- tener mejor autoestima;
- mantener un peso saludable, y
- reducir el riesgo de tener, en el transcurso de su vida, problemas serios de salud.



Usted puede ayudar a su hijo(a) a comer más frutas y vegetales y a mantenerse más activos. Aquí tiene algunas ideas:

- Incluya frutas y vegetales en las comidas y en los bocadillos que les prepare.
- Tenga las frutas y los vegetales en lugares fáciles de alcanzar.
- Pida a su hijo(a) que le ayude a preparar los alimentos de frutas y vegetales que van a comer.
- Haga que su hijo(a) coma las comidas de la escuela. Llame por teléfono a la escuela para ver si su hijo(a) califica para obtener alimentos gratuitos o a bajo costo.
- Obtenga informes sobre el programa de Estampillas para Comida llamando al 1-800-952-5253. Este programa le puede ayudar a comprar alimentos saludables como frutas y vegetales.
- Haga, junto con su hijo(a) actividad física diaria. Caminar es una excelente forma de hacer ejercicio juntos.
- Disminuya el tiempo que su hijo(a) pasa viendo la televisión o jugando juegos de video.
- Ayude a su hijo(a) a encontrar las actividades físicas que más les gusten.
- Pregunte a su hijo(a) cuales son las actividades físicas de *La Campaña para Niños 5 al Día de California* que esta haciendo.
- Enseñe con el ejemplo. Hágale saber a su hijo(a) que usted le gusta comer frutas y vegetales y que disfruta haciendo actividades físicas.
- Revise con su hijo el sitio de Internet www.mypyramid.gov para aprender más sobre como llevar una dieta saludable y mantenerse activo.

¿Le gustaría obtener más información sobre como comer más frutas y vegetales y mantenerse físicamente activo diariamente? Llame a *La Campaña 5 al Día de California* al 1-888-328-3483.

¡Gracias por ayudarle a su hijo(a) a tener el poder!

Atentamente,



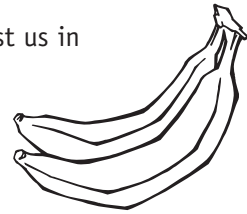


Dear _____,

Our organization is partnering with the *California Children's 5 a Day—Power Play! Campaign* to teach children about the importance of eating 3½ to 5 cups of fruits and vegetables and getting at least 60 minutes of physical activity every day.

We would greatly appreciate it if you could donate some resources to assist us in educating our children about these important health behaviors.

We are especially interested in the following:



You can reach me at:

Name: _____

Organization Name: _____

Address: _____

City, State, Zip: _____

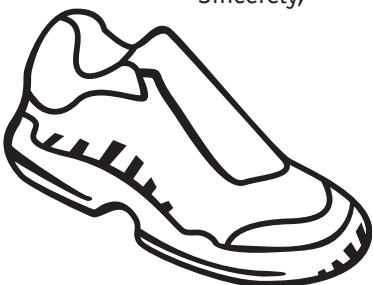
Phone: _____

E-mail: _____



Thank you for your help in keeping our children healthy.

Sincerely,



Field Trip and Guest Speaker Ideas

Field trips are a great way to extend learning.

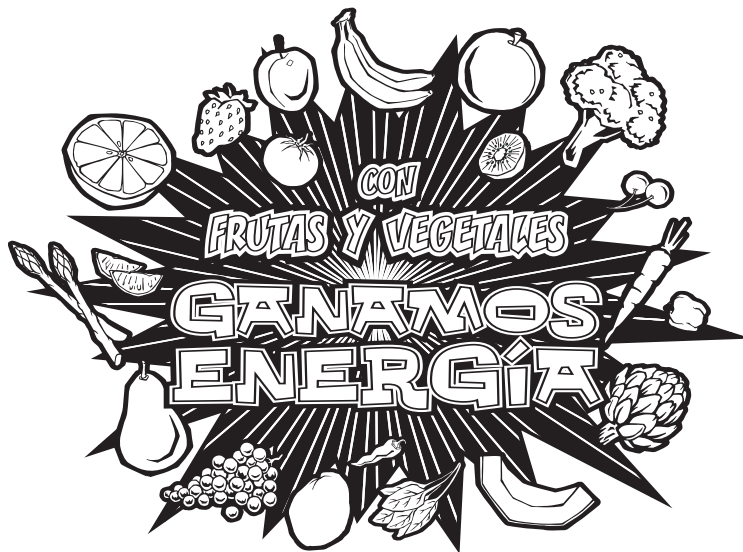
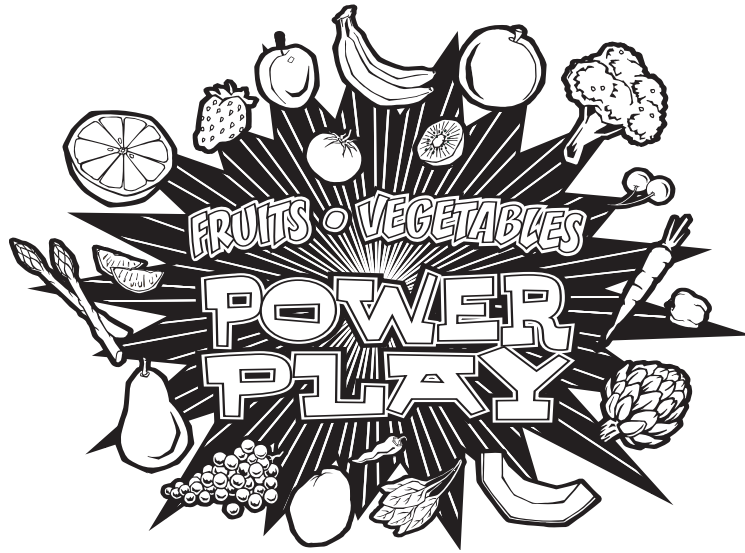
Ideas for field trips include:

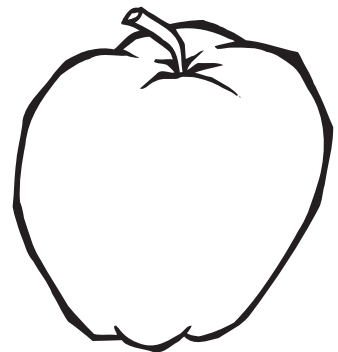
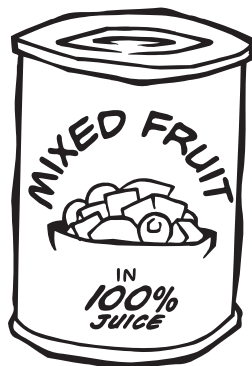
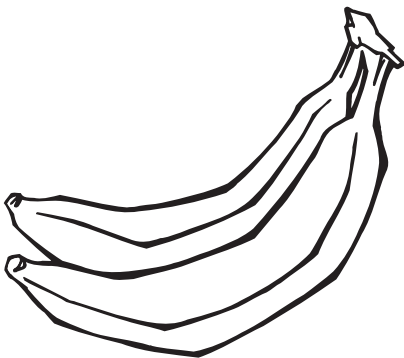
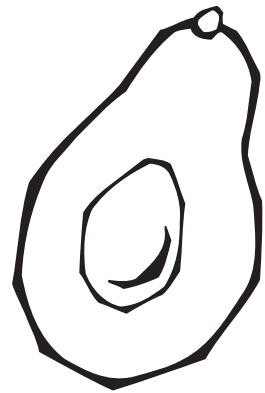
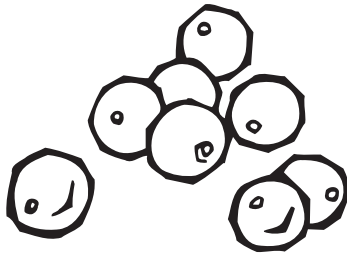
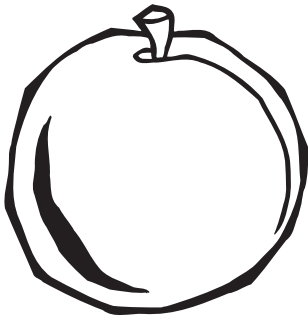
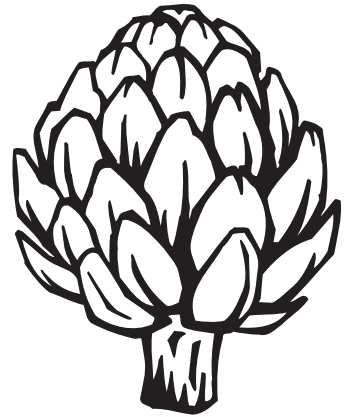
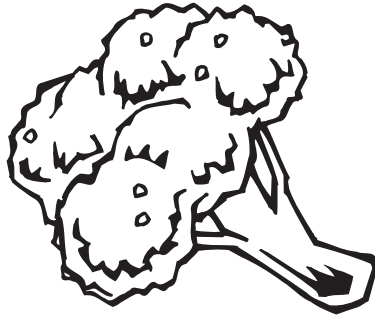
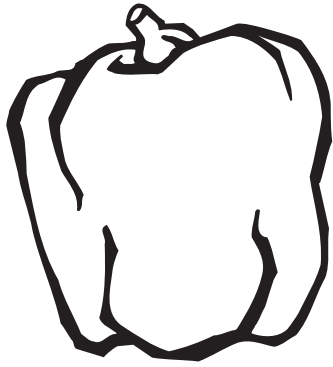
- Visit a local farm to learn about how fruits and vegetables are grown.
- Visit a local school or community garden.
- Tour a restaurant or school food service kitchen. The chef, manager, or food service director should be able to speak to the children about nutrition.
- Contact a local supermarket or farmers' market to request a tour.
- Visit a local food production company, such as a fruit or vegetable cannery or packer.
- Visit a nearby culinary institute.
- Take a walking trip to a nearby convenience store or restaurant to investigate their fruit and vegetable selections.
- Visit a nearby state park and go on a hike with an experienced park guide.
- Tour a local fitness club. The club's manager should be able to speak to the children about fitness and safety.

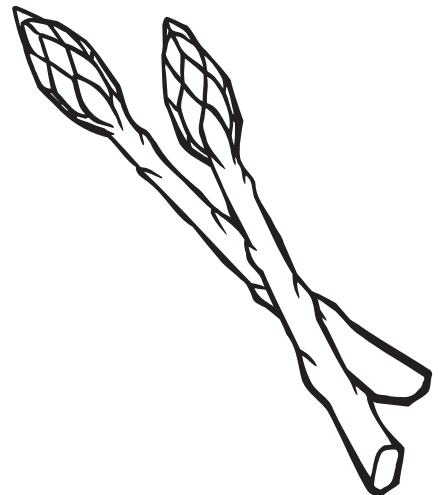
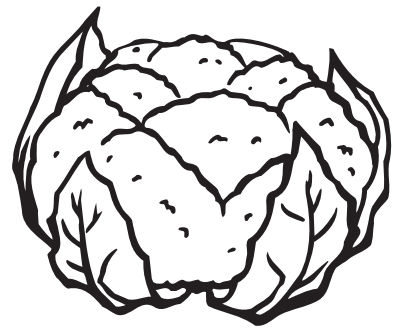
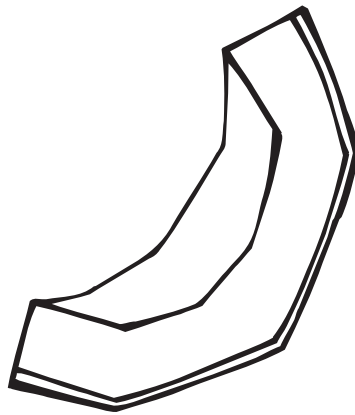
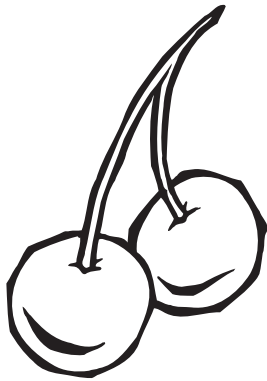
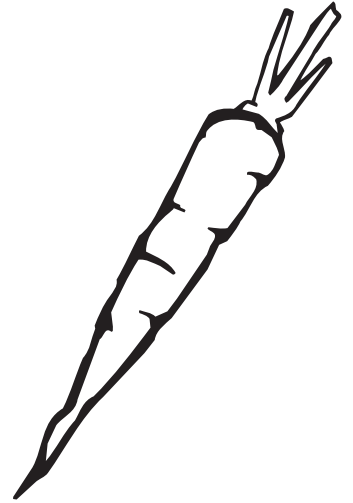
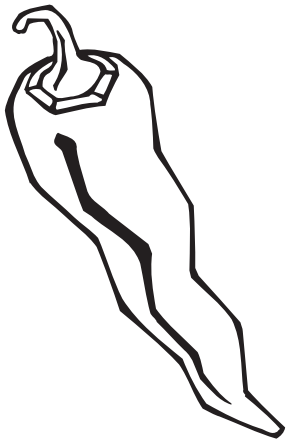
If field trips are not possible, consider holding an on-site "field trip" by inviting a guest to speak to your class. Parents may also be able to participate or may have connections with possible speakers.

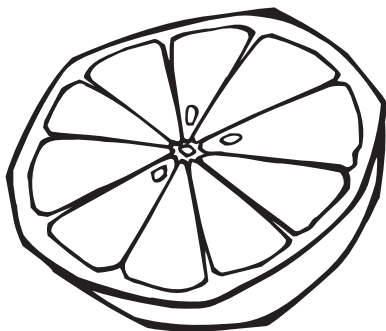
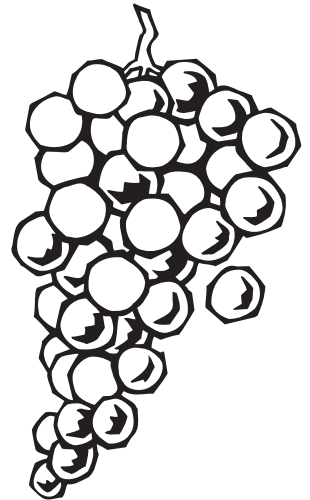
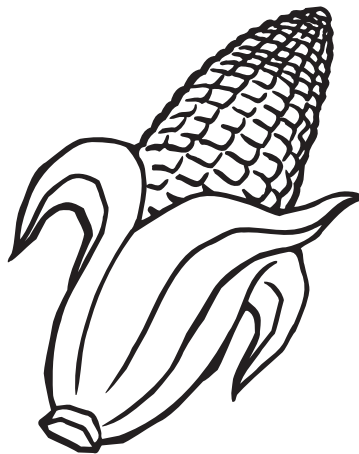
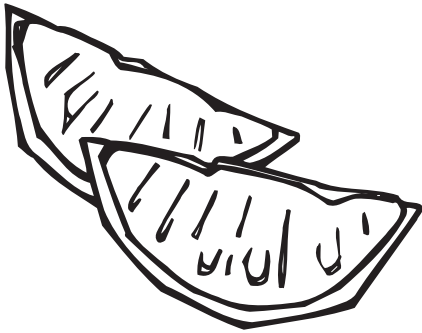
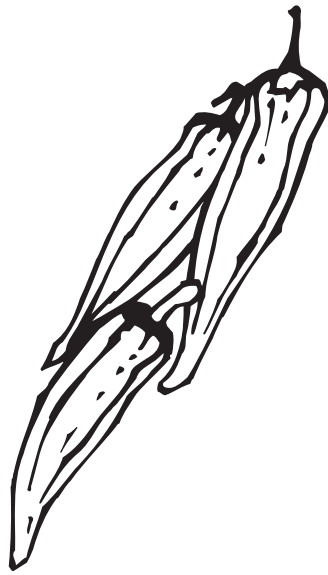
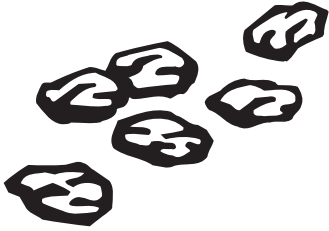
Consider contacting:

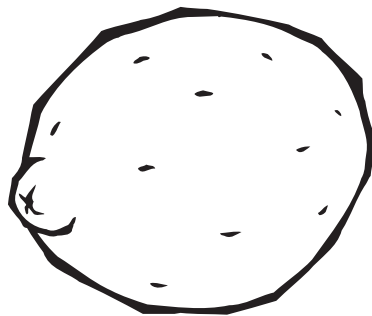
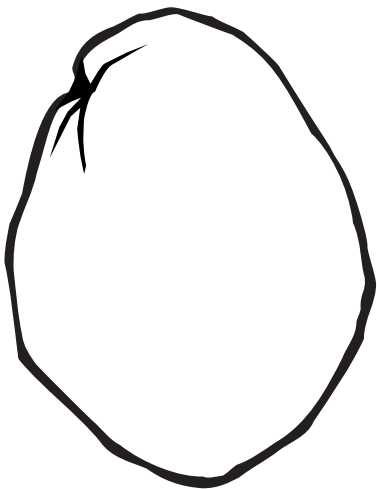
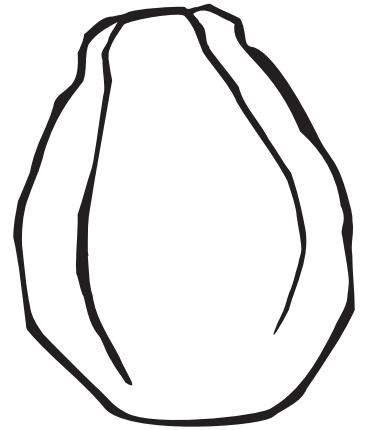
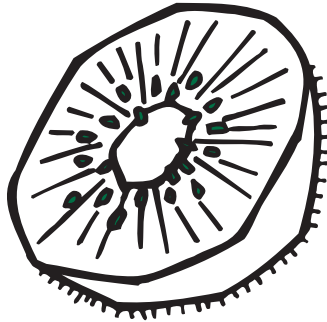
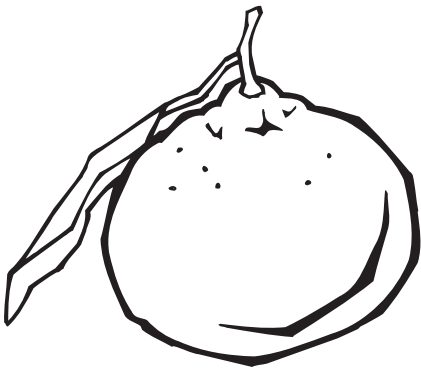
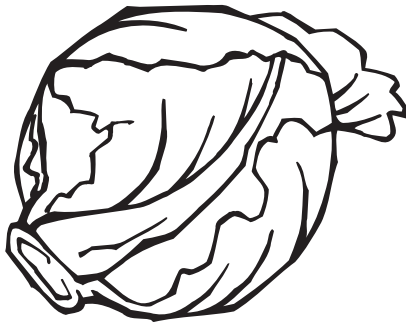
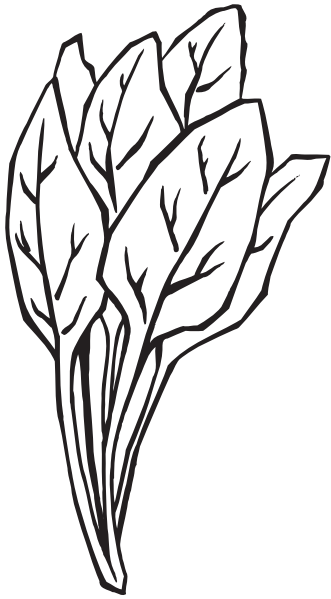
- School food/nutrition service director
- Local chef or restaurant manager
- Farmers' market manager
- Produce manager of a grocery store
- Farmer
- Local gardeners or gardening societies
- Agricultural organizations, such as farm cooperatives and commodity associations
- Agriculture & Natural Resources departments at local colleges and universities
- Local 4-H Clubs
- Local University of California Cooperative Extension office
- American Dietetic Association (visit www.eatright.org)
- A local high school where students are studying nutrition or culinary arts

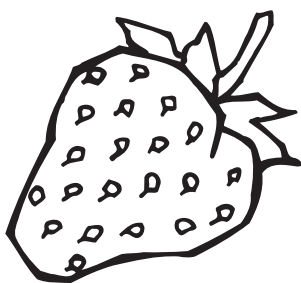
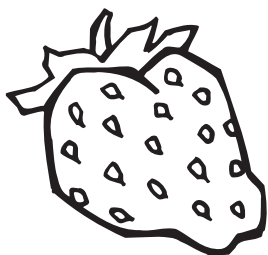
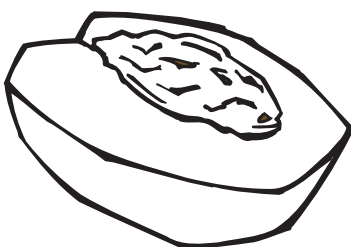
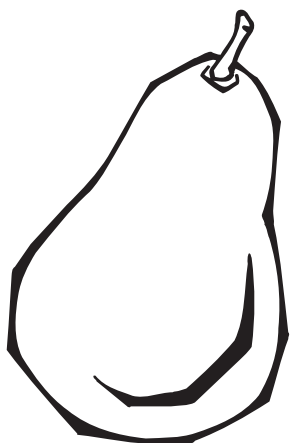
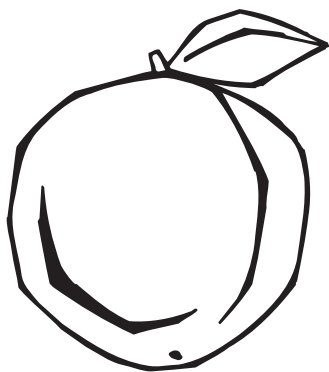
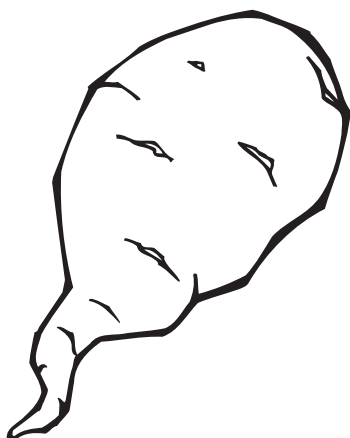


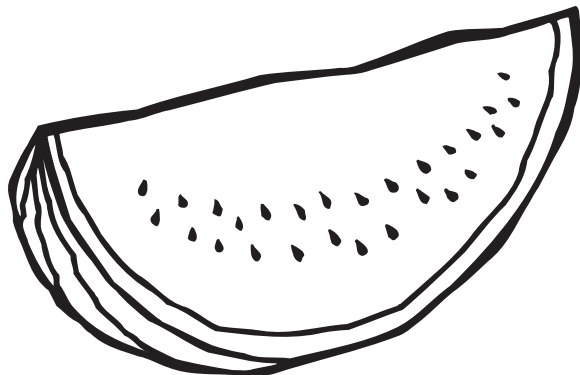
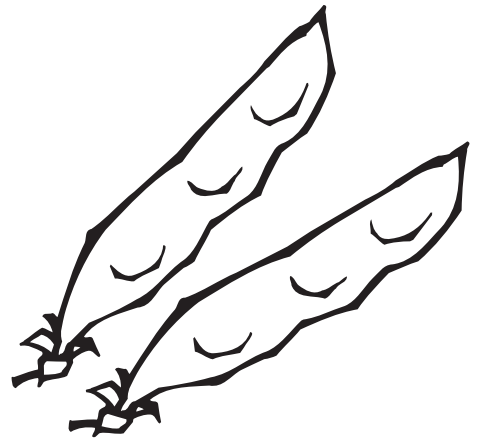
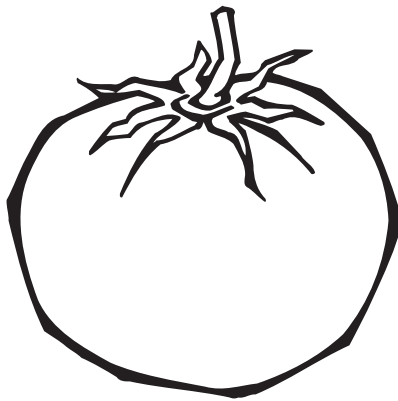
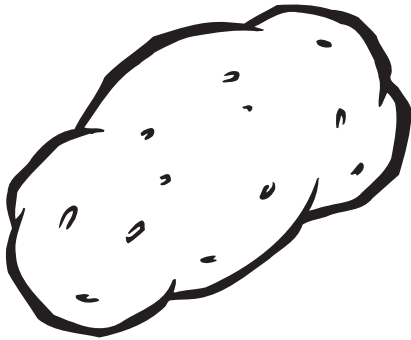
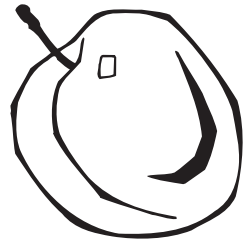
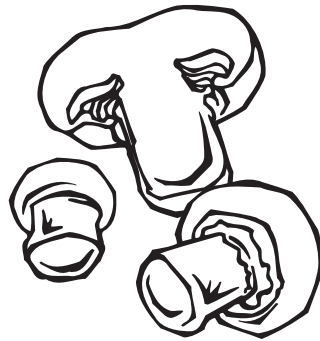
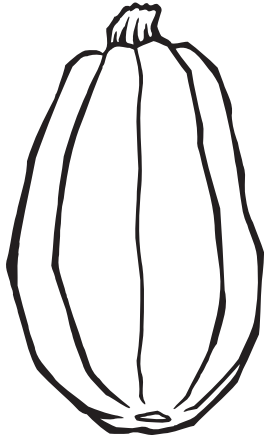


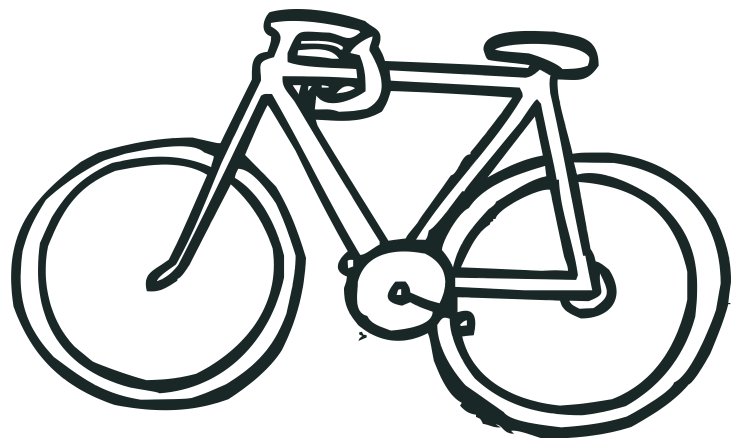
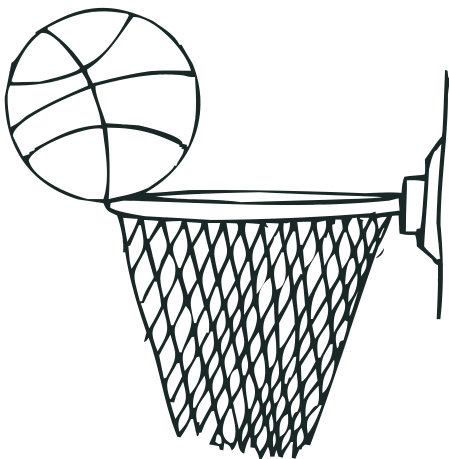
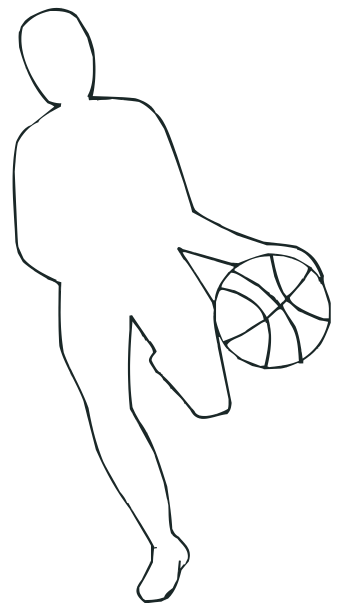
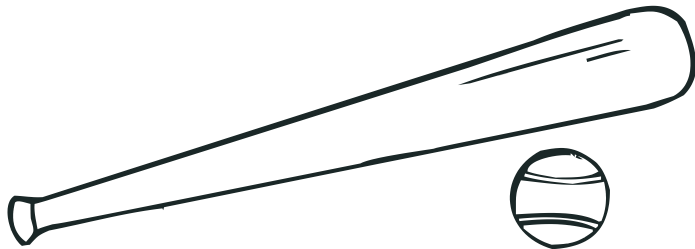
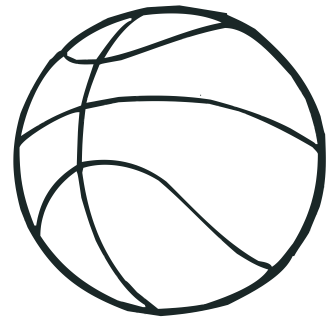
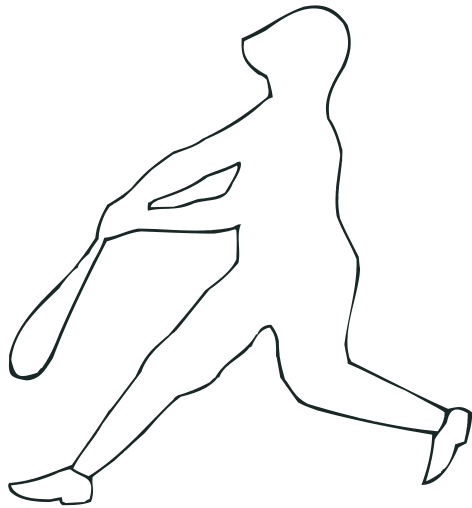


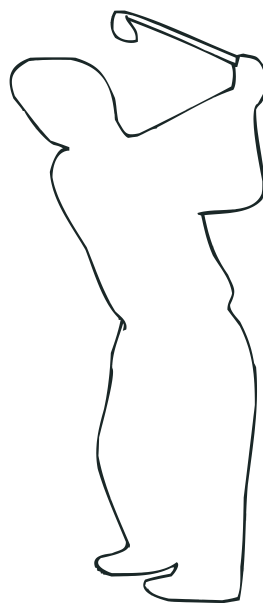
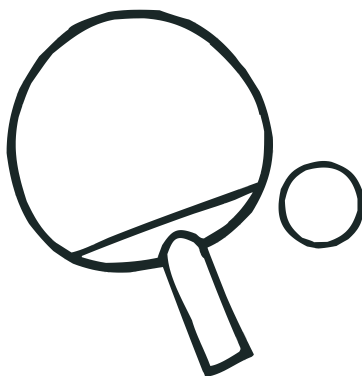
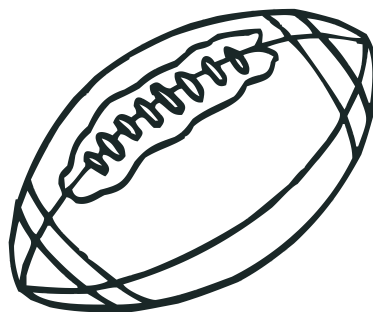
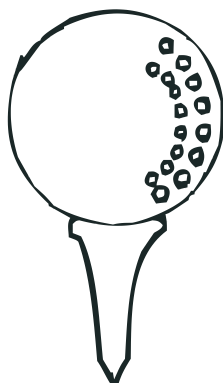
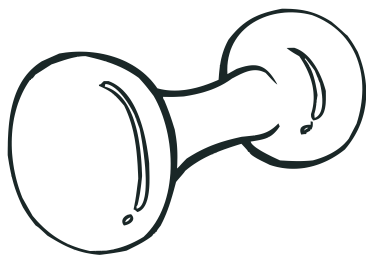


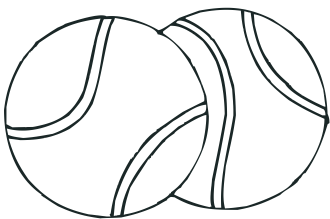
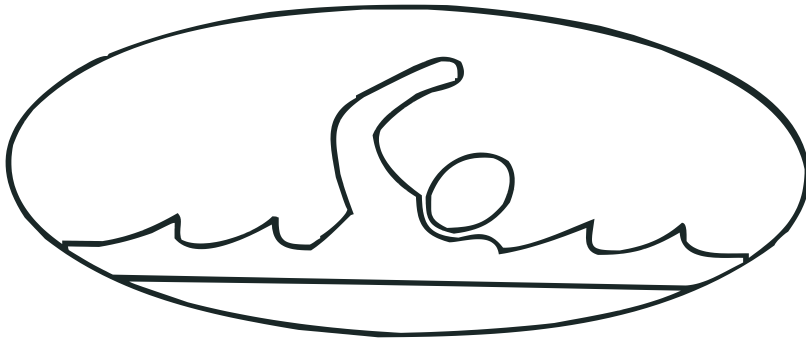












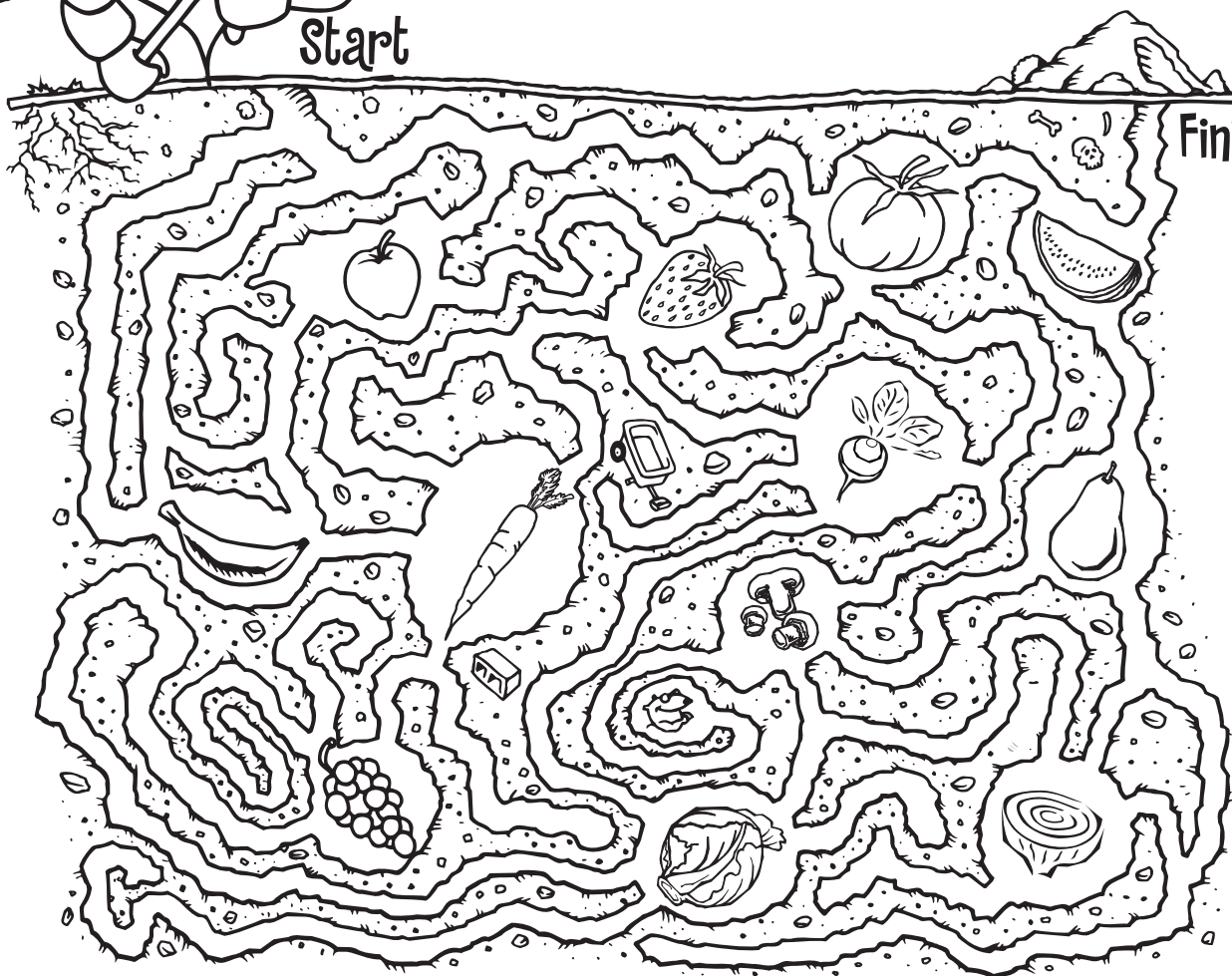


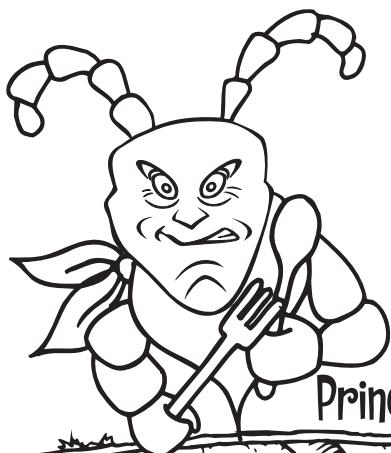
ANT EATERS

The ants have stolen fruits and veggies from the picnickers! Can you go through and collect it all before they starve? The trick is to collect them in alphabetical order!

Start

Finish





HORMIGAS TRAVIESAS

¡Las hormigas robaron las frutas y los vegetales de una familia que salió al parque! ¿Puedes entrar al hormiguero y juntarlos antes de que la familia se muera de hambre? El truco es

Principio


juntarlas en orden alfabético.

Fin



ENERGY CODE-BREAKER

N	H 2	S 1	I 15
A	Z 9	O	U 4
F 11	P 5	J 6	E
G	R	B 13	D 3



ON

OFF

^

v


In less than 5 minutes this germ will destroy the world unless you stop him. Usually you have no problem saving the world, but today you feel like you're coming down with a cold. What do you do? Use your "Energy Code-Breaker."

The numbers in all the rows, columns, and diagonals have to add up to 30. Can you put in the missing numbers? Once you've done that correctly, use the letters above each number to fill in the blanks below to reveal which fruit will help prevent the cold and give you the energy to save the world!

10	14	7	12	0	8
----	----	---	----	---	---

LA CLAVE DE ENERGÍA

S	H ²	N ¹	I ¹⁵
E	Z ⁹	F	U ⁴
O ¹¹	P ⁵	J ⁶	S
A	R	B ¹³	D ³



ON

OFF

⬆

⬇

En menos de 5 minutos este germen puede destruir el mundo a menos que lo detengas. Normalmente no tienes problemas para salvar al mundo pero hoy sientes que estás decayendo debido a un resfriado. ¿Qué puedes hacer? ¡Reanimate con la clave de energía!

Los números de las filas, columnas y diagonales tienen que sumar 30. ¿Puedes poner los números que hacen falta? Una vez que lo hayas hecho correctamente, usa las letras arriba de cada número para llenar los espacios en blanco a continuación para mostrar cuál fruta te ayudará a prevenir el resfriado y darte la energía que necesitas, ¡para salvar al mundo!

10	14	7	12	0	8
----	----	---	----	---	---

FRUIT & VEGGIE ICONS

Below is a coded language. Use the code to spell out the fruit and vegetable names. Then match the fruits and vegetables with the clues at the bottom!

A	B	C
D	E	F
G	H	I

J
K • M
L

N	O	P
Q	R	S
T	U	V

W
X • Z
Y

Here is a sample to get you started.





 K I W I

A. 




B. 




C. 




D. 






E. 




F. 




Clues

sample This fruit is green, has black seeds and needs to shave.

- _____ This fruit is red, purple or green, with or without seeds.
- _____ This vegetable is orange and grows underground.
- _____ Over 7,000 varieties of this fruit are grown around the world.
- _____ This red vegetable isn't a vegetable, it's a fruit.
- _____ This vegetable isn't a vegetable either, it's a fungus.
- _____ This vegetable used to be called an earth pear.

ADIVINANZAS DE FRUTAS Y VEGETALES

Abajo hay letras que están en código. Use las letras en código para deletrear los nombres de las frutas y vegetales. Luego haga juego con las frutas y vegetales con pistas más abajo.

A	B	C
CH	D	E
F	G	H

I	
J	L
K	

LL	M	N
Ñ	O	P
Q	R	RR

S	
T	U
U	

W	X
Y	Z

Aquí esta una muestra para comenzar.

^	v	Δ	v
K	I	W	I

A. > □ □ ∙ > □

B. < ∙ □ ∙ □ ∙

C. ^ < ∙ v

D. ∙ □ v □

E. □ ∙ L ∇ ∙ L ∙

F. ∇ ∙ L ∙ ∙ □ □ v ∙

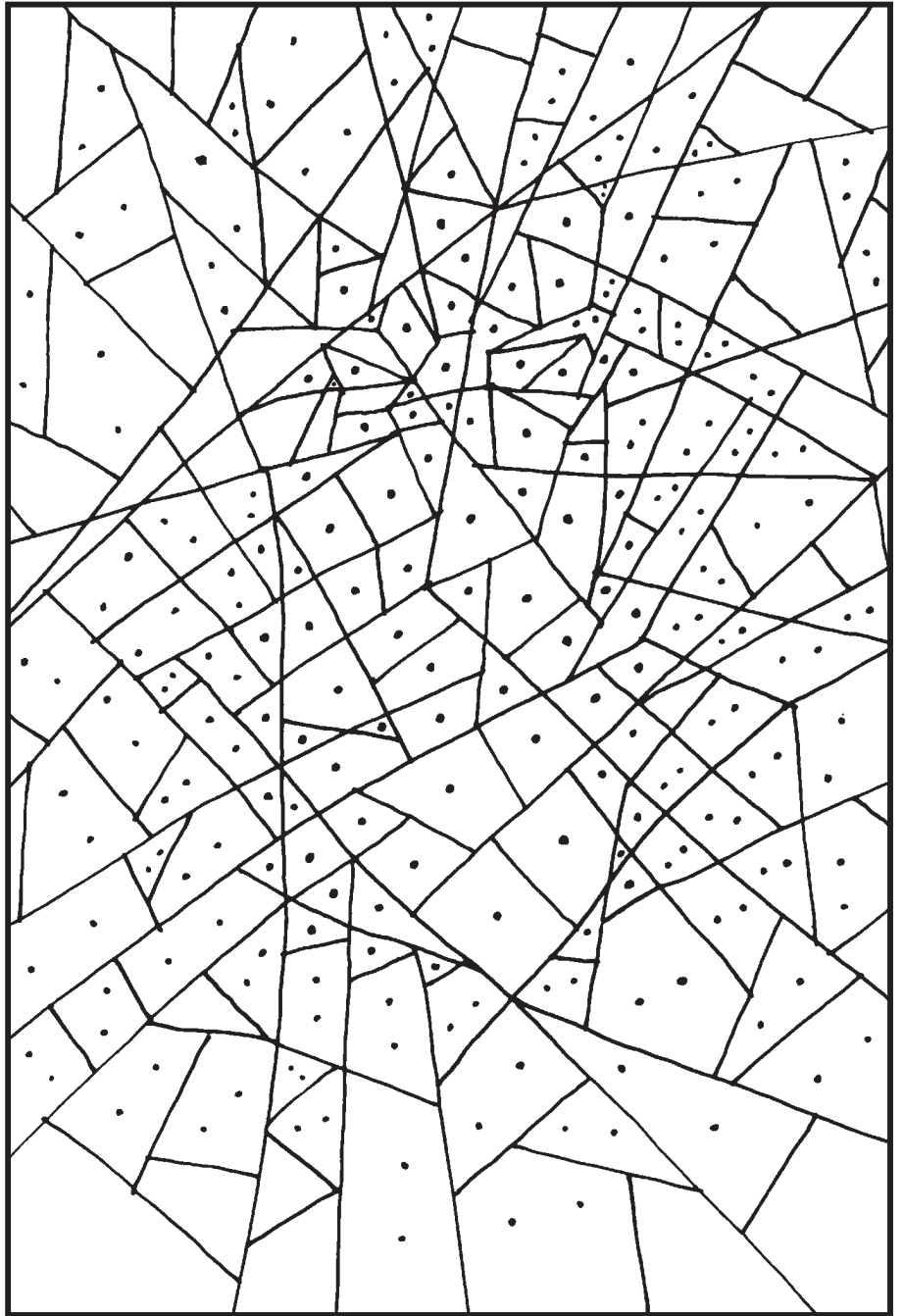
Pistas

Muestra Es verde por dentro y tiene semillas negras.

- _____ Esta fruta es roja, morada o verde, con o sin semillas.
- _____ Este vegetal es de color anaranjado y crece en la tierra.
- _____ Más de 7,000 variedades de esta fruta se producen en todo el mundo.
- _____ Parece vegetal de color rojo, pero no es vegetal, es fruta.
- _____ California produce más de éstos que cualquier otro estado.
- _____ Este vegetal se deletrea igual que a tu papá y el papa.

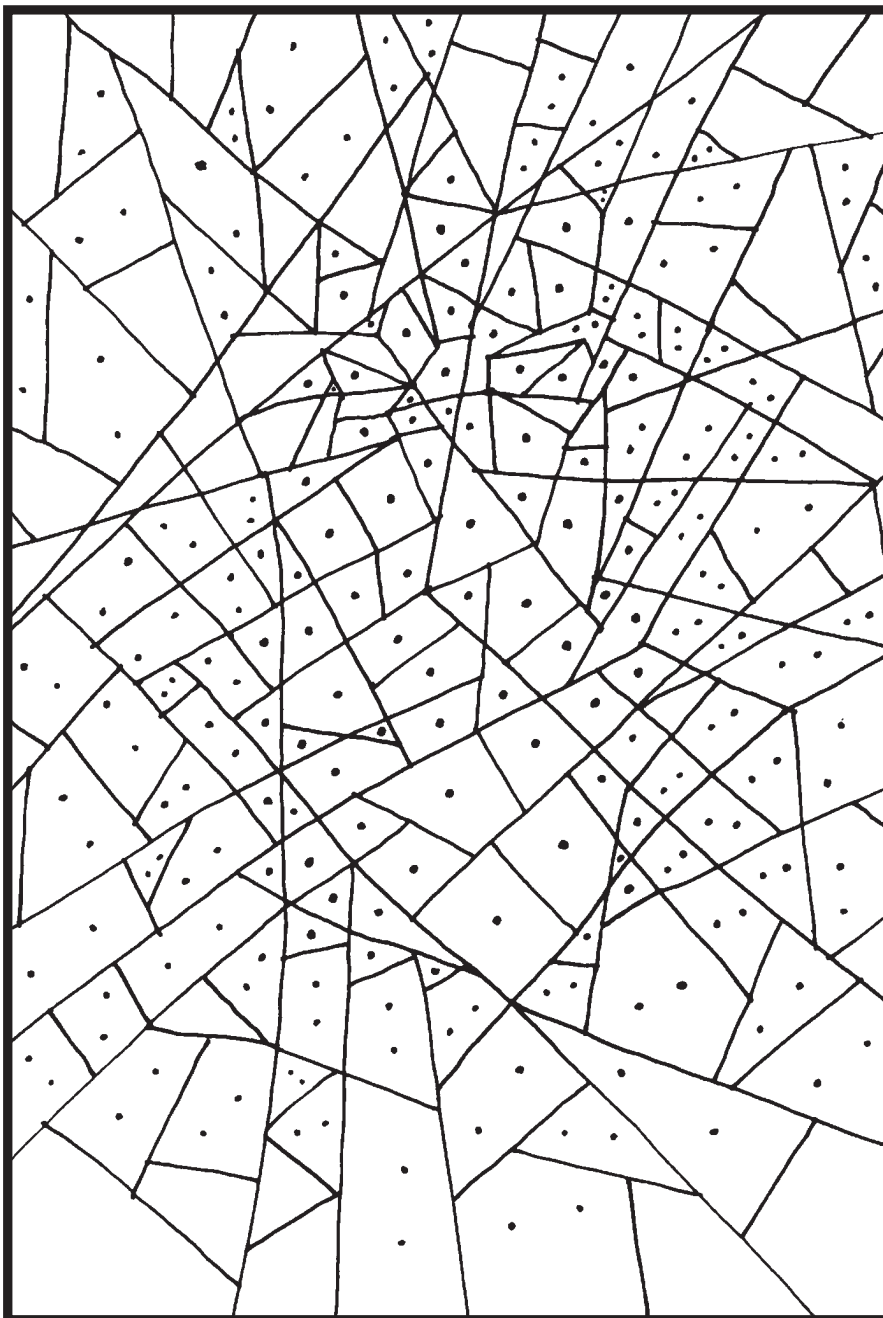
LOTS O' DOTS!

Fill in all the
shapes with
only one dot
in them to
discover what
popular fruit
grows in
Hawaii.



¡MONTONES DE PUNTOS!

Encuentra todas
las formas con
un solo punto
para descubrir
qué fruta muy
popular crece
en Hawai.



PICTURE THIS!

Which two pictures are exactly the same?



A



B



C



D



E



F



G



H



I

¡FÍJATE!

¿Cuáles dos figuras son iguales?



A



B



C



D



E



F



G



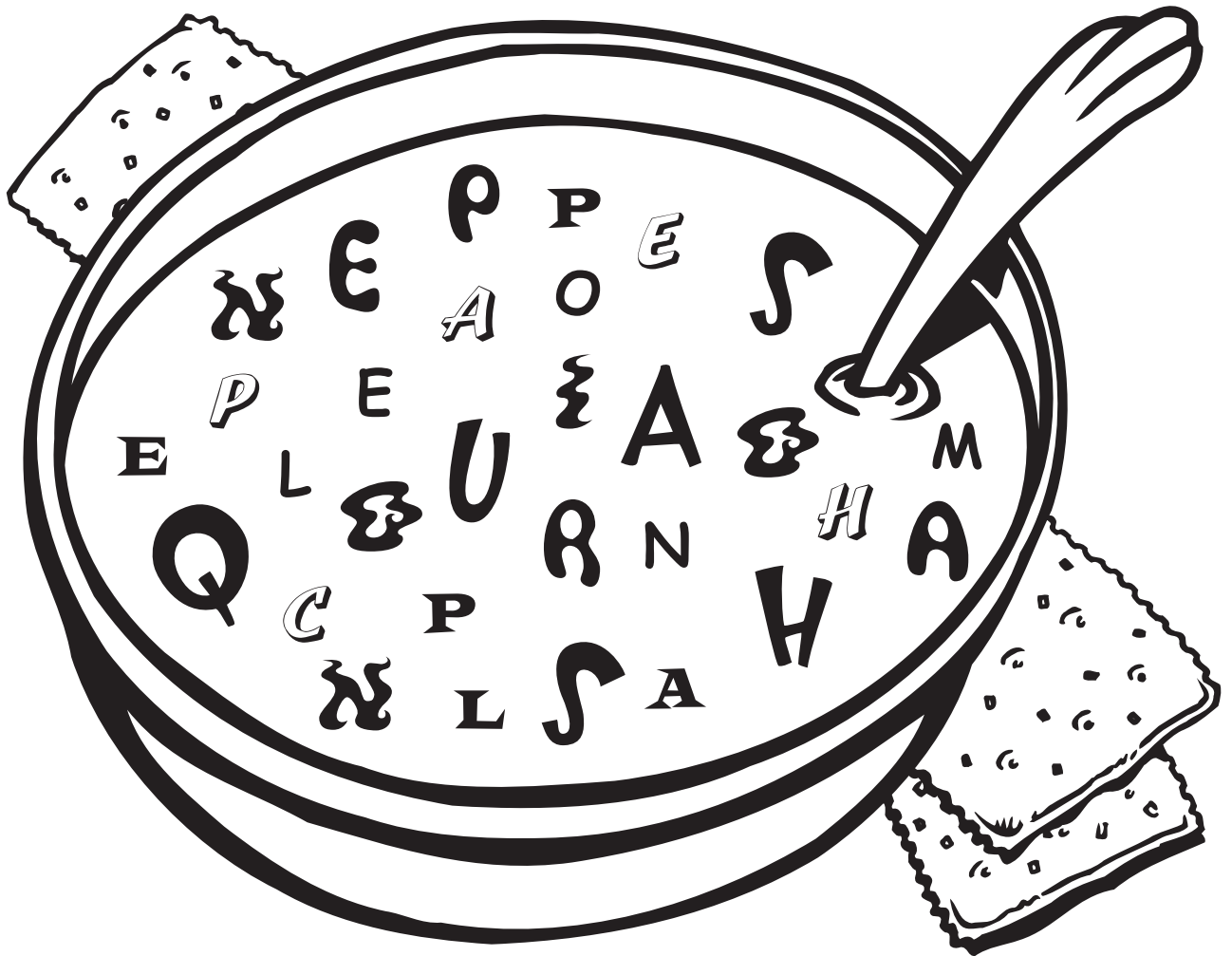
H



I

ALPHABET SOUP

This strange soup is made from six different fruits & veggies. Find each style of letters that are the same. Unscramble them to identify the ingredients.



SOPA DE LETRAS

Esta sopa tan extraña está hecha de cinco frutas y vegetales diferentes. Busca todos los estilos de letras que sean iguales. Ponlas en orden para identificar los ingredientes.



Calendar of Healthy Eating and Physical Activity Events

You may wish to plan activities to celebrate the following events related to nutrition, fruits and vegetables, and physical activity. While the events below may be sponsored by for-profit companies, their inclusion is for informational purposes only and does not constitute an endorsement by the *California Children's 5 a Day—Power Play! Campaign*.

January

- Healthy Weight Week (Healthy Weight Journal, www.healthyweight.net and healthyweightnetwork.com)
- National Apricot Day-January 9th (Apricot Producers of California, www.apricotproducers.com)
- National Fiber Focus Month
- National Fresh Squeezed Orange Juice Week (Florida Department of Citrus, www.floridajuce.com)
- National Prune Breakfast Month (California Prune Board, www.californiadriedplums.org)
- National Soup Month

February

- American Heart Month (American Heart Association, www.americanheart.org)
- California Kiwifruit Day-February 2nd (www.kiwifruit.org)
- National Canned Food Month (Canned Food Alliance, www.mealtime.org)
- National Cherry Month (Cherry Marketing Institute, www.cherrymkt.org)
- National Girls and Women in Sports Day (Women's Sports Foundation, www.womenssportsfoundation.org)
- National Grapefruit Month (Texas Sweet Citrus Marketing, www.texasweet.com)
- Potato Lover's Month (National Potato Promotion Board, www.healthypotato.com and www.uspotatos.com)
- Pride in Food Service Week (Dietary Managers Association, www.dmaonline.org)

March

- Johnny Appleseed Day-March 11th (also celebrated on September 26th)
- National Agriculture Day-1st day of spring (Agricultural Council of America, www.agday.org)
- National Artichoke Hearts Day-March 16th (California Artichoke Advisory Board, www.artichokes.org)
- National Frozen Food Month (National Frozen & Refrigerated Foods Association, www.nfraweb.org and www.easyhomemeals.com)
- National Nutrition Month (American Dietetic Association, www.eatright.org)
- National Oranges and Lemons Day-March 31st
- National School Breakfast Week (School Nutrition Association, formerly American School Food Service Association, www.asfsa.org)
- Peach Blossom Day-March 3rd

April

- Fresh Florida Tomato Month (Florida Tomato Committee, www.floridatomatoes.org; California Tomato Commission, www.tomato.org)
- Golfers Day-April 10th (American Junior Golf Association, www.ajga.org)
- National Cancer Control Month (American Cancer Society, www.cancer.org)
- National Garden Month (National Gardening Association, www.garden.org)
- National Public Health Week-1st full week of the month (American Public Health Association, www.apha.org)
- National TV-Turnoff Week-3rd full week of the month (TV Turnoff Network, www.tvturnoff.org)
- National Youth Sports Safety Month (National Youth Sports Safety Foundation, www.nyssf.org)
- Spring Into Health (American Cancer Society, California Division, www.cancer.org)

- Walk America (March of Dimes, www.modimes.org)
- World Health Day (World Health Organization, www.who.int)
- YMCA Healthy Kids Day (YMCA of the USA, www.ymca.net)

May

- All Children Exercise Simultaneously-1st Wednesday in May at 10:00 a.m. local time (Project ACES, www.projectaces.com)
- Food Allergy Awareness Week (Food Allergy & Anaphylaxis Network, www.foodallergy.org)
- National Asparagus Month (Michigan Asparagus Advisory Board, www.asparagus.org)
- National Bike Month (League of American Bicyclists, www.bikeleague.org)
- National Safe Drinking Water Week-1st full week of the month (U.S. Environmental Protection Agency, www.epa.gov/safewater)
- National Employee Health & Fitness Day-3rd Wednesday in May (National Association for Health & Fitness, www.physicalfitness.org)
- National Physical Education and Sports Week (American Alliance for Health, Physical Education, Recreation, and Dance, www.aahperd.org)
- National Physical Fitness and Sports Month (President's Council on Physical Fitness and Sports, www.fitness.gov)
- National Raisin Week (California Raisins, www.raisins.org)
- National Running and Fitness Week (American Running Association, www.americanrunning.org)
- National School Nurses Day (National Association of School Nurses, www.nasn.org)
- National Strawberry Month (California Strawberry Advisory Board, www.calstrawberry.com)
- Teacher Appreciation Month-Tuesday of the first full week (National Education Association, www.nea.org)
- National Salad Month (California Lettuce Research Board, www.calettuceresearchboard.org)

June

- Eat Your Veggies Day-June 17th
- National Fresh Cherry Week (Northwest Cherry Institute, www.nwcherries.com)
- National Fresh Fruits and Vegetables Month (United Fresh Fruit and Vegetable Association, www.uffva.org)
- National Men's Health Week (www.menshealthweek.org)
- National Papaya Month-also celebrated in September (Jamaica Papaya Growers Association, www.exportjamaica.org/papaya)
- Stand for Children Day (Stand for Children, www.stand.org)

July

- July Belongs to Blueberries Month (North American Blueberry Council, www.blueberry.org)
- National Golf Month
- National Peach Month-also celebrated in August
- National Salad Week-4th week in July
- National Tennis Month
- National Tug of War Tournament Day
- Therapeutic Recreation Week (National Recreation and Parks Association, www.activeparks.org)

August

- Farmers' Market Week (Agriculture Marketing Service at the USDA, www.ams.usda.gov/farmersmarkets)
- National Kids Day-1st Sunday of the month (www.kidsday.net)
- National Sports Day-August 1st
- National Watermelon Day

September

- Family Health and Fitness Days USA-last Saturday in September (Health Information Resource Center, www.fitnessday.com/family)
- National Apple Month-celebrated September to November (U.S. Apple Association, www.usapple.org; Washington Apple Educational Foundation, www.waef.org)
- **National 5 A Day Month (National Cancer Institute, www.5aday.gov)**
- National Food Safety Education Month (Government Food Safety Information, www.foodsafety.gov and National Restaurant Association Educational Foundation, www.nraef.org)
- National Mushroom Month (Mushroom Council, www.mushroomcouncil.com)
- National Papaya Month-also celebrated in June (Jamaica Papaya Growers Association, www.exportjamaica.org/papaya)
- World Heart Day (www.worldheartday.com)

October

- Child Health Month (American Academy of Pediatrics, www.aap.org/advocacy)
- Healthy Choice American Heart Walk (American Heart Association, www.americanheart.org)
- Health Literacy Month (www.healthliteracymonth.com)
- Healthy Lung Month (American Lung Association, www.lungusa.org)
- National 4-H Week (National 4-H Council, www.4-h.org)
- National Apple Month-celebrated September to November (U.S. Apple Association, www.usapple.org; Washington Apple Educational Foundation, www.waef.org)
- National Child Health Day (American Health Foundation, www.ahf.org and Maternal and Child Health Bureau, www.mchb.hrsa.gov)
- National Cranberry Month (Cranberry Marketing Committee, www.usacranberries.com)

- National Family Health Month (American Academy of Family Physicians, www.aafp.org)
- National Health Education Week (National Center for Health Education, www.nche.org)
- National Noisy Munching Day-October 5th
- National Pickled Pepper Month
- National Roller Skating Month (International Roller Skating Association, www.rollerskating.com)
- National School Lunch Week (School Nutrition Association, formerly American School Food Service Association, www.asfsa.org)
- National Spinach Lovers Month
- Vegetarian Awareness Month
- Walk to School Day (www.walktoschool-usa.org and www.cawalktoschool.com)
- World Food Day (National Committee for World Food Day, Food and Agriculture Organization of the United Nations, www.fao.org)
- World Teachers Day-October 5th

November

- National Allied Health Week (Association of Schools of Allied Health Professionals, www.asahp.org)
- National Clean Out Your Refrigerator Day-November 15th
- National Diabetes Month (American Diabetes Association, www.diabetes.org)
- National Fig Week (California Fig Advisory Board, www.californiafigs.com)
- National Split Pea Soup Month (USA Dry Pea & Lentil Council, www.pea-lentil.com)

December

- National Hand Washing Awareness Week (www.henrythehand.com)
- National Stress Free Family Holiday Month

Organizations and Web Sites Related to Nutrition and Physical Activity

Governmental Agencies and Programs

Action for Healthy Kids

One Massachusetts Avenue, NW
Suite 800
Washington, DC 20001
www.actionforhealthykids.org

After School Physical Activity

(free materials and activities)
San Diego County Office of Education
6401 Linda Vista Road
San Diego, CA 92111-7399
Phone: 858-292-3500
www.afterschoolpa.com

California Department of Education

Nutrition Services Division
560 J Street
Sacramento, CA 95814
Phone: 800-952-5609
Fax: 916-445-4842
www.cde.ca.gov/ls/ns

SHAPE California (Shaping Health as Partners in Education)
Nutrition Services Division
www.cde.ca.gov/ls/nu/he/shape.asp

Bureau of Publications, Sales Unit
1430 N Street
Sacramento, CA 95814
Phone: 916-319-0800
www.cde.ca.gov/re

California Department of Food and Agriculture

Office of Public Affairs
1220 N Street
Sacramento, CA 95814
Phone: 916-654-0462
www.cdffa.ca.gov

California Department of Health Services

California 5 a Day Campaign and California Nutrition Network for Healthy, Active Families
California Department of Health Services
Cancer Prevention and Nutrition Section
P.O. Box 997413, MS 7204
Sacramento, CA 95899-7143
Phone: 888-EAT-FIVE
www.ca5aday.com

California Project LEAN (Leaders Encouraging Activity and Nutrition)
California Department of Health Services
P.O. Box 997413, MS 7211
Sacramento, CA 95899-7413
Phone: 916-552-9907
Fax: 916-552-9909
www.californiaprojectlean.org and
www.CaProjectLEAN.org

California Safe Routes to School Initiative

Phone: 916-552-9939
www.dhs.ca.gov/epic/Sr2s

California Healthy Kids Resource Center

313 W. Winton Ave.
Hayward, CA 94544
Phone: 510-670-4581 or 670-4583
Fax: 510-670-4582
www.californiahealthykids.org

Centers for Disease Control and Prevention

Division of Nutrition & Physical Activity
National Center for Chronic Disease Prevention and Health Promotion
4770 Buford Highway, NE, MS/K-24
Atlanta, GA 30341-3717
Phone: 770-488-5820
Fax: 770-488-5473
www.cdc.gov/nccdphp/dnpa

Division of Adolescent and School Health (DASH)
www.cdc.gov/healthyYouth/index.htm

"VERB" Youth Media Campaign
(promoting physical & pro-social activity)
www.cdc.gov/youthcampaign

BAM! Body and Mind
(for children ages 9-13)
www.bam.gov

FoodSafety.gov

Gateway to Government Food Safety Information
www.foodsafety.gov

National Cancer Institute

Division of Cancer Control and Population Sciences
National Cancer Institute
6130 Executive Boulevard
Executive Plaza North, Room 4055C
Bethesda, MD 20892
Phone: 301-496-8520
Fax: 301-480-2087
www.5aday.gov

Nutrition.gov

Provides access to all online federal government information on nutrition, healthy eating, physical activity and food safety.
www.nutrition.gov

President's Council on Physical Fitness and Sports

Dept. W
200 Independence Avenue SW
Room 738-H
Washington, DC 20201-0004
Phone: 202-690-9000
Email: pcpfs@osophs.dhhs.gov
www.fitness.gov

United States Department of Agriculture

Team Nutrition
3101 Park Center Drive, Room 632
Alexandria, VA 22302
Phone: 703-305-1624
Email: teamnutrition@fns.usda.gov
www.fns.usda.gov/tn

Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302-1594
www.usda.gov/cnpp
www.mypyramid.gov

Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5719
www.nal.usda.gov/fnic

Growers' Associations and Commissions

American Mushroom Institute

1 Massachusetts Avenue, NW, Suite 800
Washington, DC 20001
Phone: 202-842-4344
www.americanmushroom.org

Apricot Producers of California

P.O. Box 974
Turlock, CA 95381
Phone: 209-632-9777
www.apricotproducers.com

Ark-La-Tex Blueberry Growers Association

10268 FM 314
Edom, TX 75756
Phone: 903-852-6175
www.bestberry.org

California Apple Commission

4974 East Clinton Way, Suite 125
Fresno, CA 93727
Phone: 559-456-0900
www.calapple.org

California Artichoke Advisory Board

P.O. Box 747, 10719 Merritt Street
Castroville, CA 95012
Phone: 831-633-4411
www.artichokes.org

California Asparagus Commission

311 E Main Street, Suite 204
Stockton, CA 95202
Phone: 209-474-7581
www.calasparagus.com

California Avocado Commission

38 Discovery, Suite 150
Irvine, CA 92615
Phone: 949-341-1955
www.avocado.org

California Certified Organic Farmers

1115 Mission Street
Santa Cruz, CA 95060
Phone: 831-423-2263
Toll Free: 800-423-2263
www.ccof.org

California Cling Peach Board

531-D North Alta Avenue
Dinuba, CA 93618
Phone: 559-595-1425
www.calclingpeach.com

California Date Administration Committee

P.O. Box 1736
Indio, CA 92201
Phone: 760-347-4510
www.datesaregreat.com

California Dried Plum Board

P.O. Box 348180
Sacramento, CA 95834
Phone: 916-565-6232
www.californiadriedplums.org

California Federation of Certified Farmers' Markets

P.O. Box 1813
Davis, CA 95616
Phone: 530-753-9999
www.cafarmersmarkets.com

California Fig Advisory Board

7395 N Palm Bluffs, Suite 106
Fresno, CA 93711
Phone: 559-440-5400
www.californiafigs.com

California Fresh Apricot Council

19 Sherwood Court
San Francisco, CA 94127
Phone: 415-584-4063
www.califapricot.com

California Fresh Carrot Advisory Board

531-D North Alta Avenue
Dinuba, CA 93618
Phone: 559-591-5675

California Kiwifruit Commission

9845 Horn Road, Suite 160
Sacramento, CA 95827
Phone: 916-362-7490
www.kiwifruit.org

California Pear Advisory Board

1521 "I" Street
Sacramento, CA 95814
Phone: 916-441-0432
www.calpear.com

California Raisin Marketing Board

3445 North First Street, Suite 101
Fresno, CA 93726
Phone: 559-248-0287
www.calraisins.org

California Rare Fruit Growers, Inc.

The Fullerton Arboretum, CSUF
ATTN: CA Rare Fruit Growers, Inc.
P.O. Box 6850
Fullerton, CA 92834-6850
E-mail: info@crfg.org
www.crfg.org

California Strawberry Advisory Board

P.O. Box 269
Watsonville, CA 95077
Phone: 831-724-1301
www.calstrawberry.com

California Table Grape Commission

P.O. Box 27320
Fresno, CA 93729-7320
Phone: 559-447-8350
www.tablegrape.com

California Tomato Board

1625 E. Shaw Avenue, Suite 122
Fresno, CA 93710
Phone: 559-230-0116
www.tomato.org

California Tree Fruit Agreement

P.O. Box 968
Reedley, CA 93654-0968
Phone: 559-638-8260
www.caltreefruit.com
and www.eatcaliforniafruit.com

Cherry Marketing Institute

P.O. Box 30285
Lansing, MI 48909
www.cherrymkt.org

Dairy Council of California

1101 National Drive, Suite B
Sacramento, CA 95834
Phone: 888-868-3133
www.dairycouncilofca.org

Florida Department of Citrus

P.O. Box 148
Lakeland, FL 33802-0148
www.floridajuice.com

Fresh Produce & Floral Council

6301 Beach Blvd., Suite 150
Buena Park, CA 90621
Phone: 714-739-0177
www.fpfcc.org

Georgia Department of Agriculture

19 Martin Luther King Jr. Dr. S.W.
Atlanta, GA 30334
Phone: 404-656-3685
www.agr.state.ga.us

International Banana Association

1901 Pennsylvania Ave NW, Suite 1100
Washington, DC 20006
Email: info@eatmorebananas.com
www.eatmorebananas.com

Leafy Greens Council

33 Pheasant Lane
St. Paul, MN 55127
Phone: 651-484-3321
www.leafy-greens.org

Mushroom Council

11501 Dublin Blvd. Suite 200
Dublin, CA 94568
Phone: 925-556-2749
www.mushroomcouncil.com

National Onion Association

822 7th Street, Suite 510
Greely, CO 80631
Phone: 970-353-5895
www.onions-usa.org

National Watermelon Promotion Board

P.O. Box 140065
Orlando, FL 32814-0065
Phone: 407-657-0261
www.watermelon.org

North Carolina Sweetpotato Commission

1327 North Bright Leaf Blvd., Suite H
Smithfield, NC 27577
Phone: 919-989-7323
www.ncsweetpotatoes.com

Pear Bureau Institute

4382 SE International Way, Suite 203
Milwaukie, OR 97222
Phone: 503-652-9720
www.usapears.com

Produce Marketing Association

P.O. Box 6036
Newark, DE 19714-6036
www.aboutproduce.com
and www.pma.com

Sweet Potato Council of California

P.O. Box 366
Livingston, CA 95334
www.cayam.com

Washington Apple Commission

2900 Euclid Ave
P.O. Box 18
Wenatchee, WA 98807
Phone: 509-663-9600
www.bestapples.com

Washington Apple Education Foundation

P.O. Box 3720
Wenatchee, WA 98807
Phone: 509-663-7713
www.waef.org

Washington Red Raspberry Commission

1796 Front St.
Lynden, WA 98264
Phone: 360-354-8767
www.red-raspberry.org

Washington State Potato Commission

108 Interlake Road
Moses Lake, WA 98837
Phone: 509-765-8845
www.potatoes.com

Wild Blueberry Association of North America

59 Cottage Street
P.O. Box 180
Bar Harbor, ME 04469
Phone: 800-899-3459
www.wildblueberries.com

Health Advocacy Organizations and Foundations**American Association for the Child's Right to Play**

240 Hofstra University
Hempstead, NY 11548
Phone: 516-463-5176
www.ipausa.org

American Cancer Society

Check telephone listings for local chapter
Phone: 800-ACS-2345
www.cancer.org

American Community Gardening Association

ACGA c/o Council on the Environment
of NY City
51 Chambers Street, Suite 228
New York, NY 10007
Phone: 877-ASK-ACGA
www.communitygarden.org

American Diabetes Association

National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
Phone: 800-342-2383
www.diabetes.org

American Heart Association

Check telephone listings for local chapter
Phone: 800-AHA-USA-1
www.americanheart.org and
www.justmove.org

American School Health Association

P.O. Box 708
Kent, OH 44240
Phone: 330-678-1601
www.ashaweb.org

Bright Futures

Georgetown University
Box 571272
Washington, DC 20057-1272
Phone: 202-784-9556
Fax: 202-784-9777
E-mail: Brightfutures@ncemch.org
www.brightfutures.org

California Adolescent Nutrition and Fitness Program

2140 Shattuck Avenue, Suite 610
Berkeley, CA 94704
Phone: 510-644-1535
www.canfit.org

California Association for Health, Physical Education, Recreation, and Dance

1501 El Camino Avenue, Suite 3
Sacramento, CA 95815-2748
Phone: 800-499-3596 or 916-922-3596
www.cahperd.org and www.aahperd.org

California Food Policy Advocates

116 New Montgomery Street, Suite 530
San Francisco, CA 94105
Phone: 415-777-4422
www.cfpa.net

California Foundation for Agriculture in the Classroom

2300 River Plaza Dr.
Sacramento, CA 95833-3293
Phone: 916-561-5625
www.cfaitc.org

California Park and Recreation Society

7971 Freeport Blvd.
Sacramento, CA 95832-9701
Phone: 916-665-2777
www.cprs.org

California School Food Service Association

1804 W. Burbank Blvd.
Burbank, CA 91506
Phone: 818-842-3040
www.csfsa.org

The Center for Health and Health Care in Schools

1350 Connecticut Ave., Suite 505
Washington, DC 20036
Phone: 202-466-3396
Fax: 202-466-3467
www.healthinschools.org

Center for Health Improvement

1330 21st Street, Suite 100
Sacramento, CA 95814
Phone: 916-930-9200
www.healthpolicycoach.org

Center for Science in the Public Interest

1875 Connecticut Ave., N.W., Suite 300
Washington, DC 20009
Phone: 202-332-9110
E-mail: csipi@cspinet.org
www.cspinet.org or www.smart-mouth.org
(children's site)

School Nutrition Association

(formerly American School Food Service Association)
700 South Washington Street, Suite 300
Alexandria, VA 22314
Phone: 703-739-3900
www.asfsa.org

Sports, Play, and Active Recreation for Kids (SPARK)

438 Camino Del Rio South, Suite 110
San Diego, CA 92108
Phone: (800) SPARK PE
Fax: (619) 293-7992
E-mail: spark@sparkpe.org
www.sparkpe.org

Society for Nutrition Education

7150 Winton Drive, Suite 300
Indianapolis, IN 46260
Phone: 800-235-6690
www.sne.org

Strategic Alliance for Healthy Food and Activity Environments

c/o Prevention Institute
265 29th Street
Oakland, CA 94611
Phone: 510-444-7738
www.preventioninstitute.org/sa

Food Industry and Marketing Groups

The list below includes for-profit organizations. Their inclusion in this list is for informational purposes only and does not constitute an endorsement by the *California Children's 5 a Day—Power Play! Campaign*.

American Frozen Food Institute

2000 Corporate Ridge, Suite 1000
McLean, VA 22102
Phone: 703-821-0770
www.affi.com

Dole Food Company, Inc.

One Dole Drive
Westlake Village, CA 91362
Phone: 800-232-8888
www.dole5aday.com and www.dole.com

Food Marketing Institute

655 15th Street, NW
Washington, DC 20006
Phone: 202-452-8444
www.fmi.org

General Mills Foundation

(offers grants to non-profit organizations for youth nutrition and fitness programs)
P.O. Box 9452
Minneapolis, MN 55440
Phone: 800-328-1144
www.generalmills.com/corporate/commitment/community

Mann Packing Company, Inc.

P.O. Box 690
Salinas, CA 93902
Phone: 800-285-1002
www.broccoli.com

Melissa's/World Variety Produce

P.O. Box 2117
Los Angeles, CA 90021
Phone: 800-588-0151
www.melissas.com

Monterey Mushroom, Inc.

260 Westgate Drive
Watsonville, CA 95076
Phone: 800-333-MUSH
www.montmush.com

National Frozen & Refrigerated Foods Association

P.O. Box 6069
Harrisburg, PA 17112
Phone: 717-657-8601
www.nfraweb.org

Ocean Spray Cranberries, Inc.

One Ocean Spray Drive
Lakeville-Middleboro, MA 02349
Phone: 508-946-1000
www.oceanspray.com

Pfyffer Associates Brussels Sprouts

2611 Mission Street
Santa Cruz, CA 95060
Phone: 831-423-8572
www.brussels-sprouts.com

Produce for Better Health Foundation

5431 Limestone Rd.
Wilmington, DE 19808
Phone: 302-235-2329
www.5aday.com

Sunkist Growers, Inc.

P.O. Box 7888
Van Nuys, CA 91409
Phone: 818-986-4800
www.sunkist.com

Wegmans Food Markets

www.wegmans.com/kitchen/ingredients/produce